

Bounce Forward Ideas



Be a Mental Health Champion

Wherever you are, whatever you do, make a choice to:

Think flexible and realistically - be open and curious to different perspectives, looking for evidence to problem solve effectively and remain wedded to reality.

Be hopeful and optimistic - choose optimism over pessimism. Think about your future, create realistic goals - learn from mistakes - bounce forward

Be self-aware and show compassion - Be good enough, not perfect - know what is 'normal' for me - be kind to yourself and others

Self-regulate - understanding the impact and range of emotions you feel - positive and negative - practice strategies to be calm and focused.

Reach out - connect with others - be willing to have empathy and care for others knowing that will increase personal happiness.



Taking Action

The more we make choices to look after our well-being the more resilient we are to overcoming setbacks, making the most of opportunities so the world is a kinder, fairer and safer place. Developed by the New Economics Foundation, the Five Ways to Well Being are evidenced based actions that individuals can take to improve their wellbeing, that is feeling good and functioning well.



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Connect - The old fashioned way.

Think of someone (still alive) who did something or said something that made a **positive impact** on your life. It could be something big or small. Something recent or longer ago.

Write them a letter to say thank you to the person for what they did and explain why you are grateful.

If you know the address post the letter to them. If you don't, share the letter by reading it out loud to someone you know.



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Be Active

Being outdoors is important for our mental wellbeing.
Find an activity that you enjoy and make it part of your life.



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Take Notice

It's a simple technique you can use anywhere at any time.

Get comfortable.

Stretch out your left or right hand.

Look at your hand and stretch it out like a star, pulling the tips of your fingers as far out as they can. Don't overstretch your hand but just as much as feels comfortable.

Notice what you feel in your hand right now.

Wiggle your fingers very slightly and notice what you feel there right now. Next imagine the finger of your other hand is a pointer and you are going to trace, slow and steady around the outside of your hand.

Hold your pointer at base of your wrist next to your thumb.

Now start to slowly trace up to the top of your thumb, pause at the top and then trace your pointer down the other side of your thumb.

Now trace up slowly the side of your second finger, pause at the top and then down the other side.

Next add some breathing.

Take your pointer back to the wrist next to your thumb.

Remember to take it slow and steady.

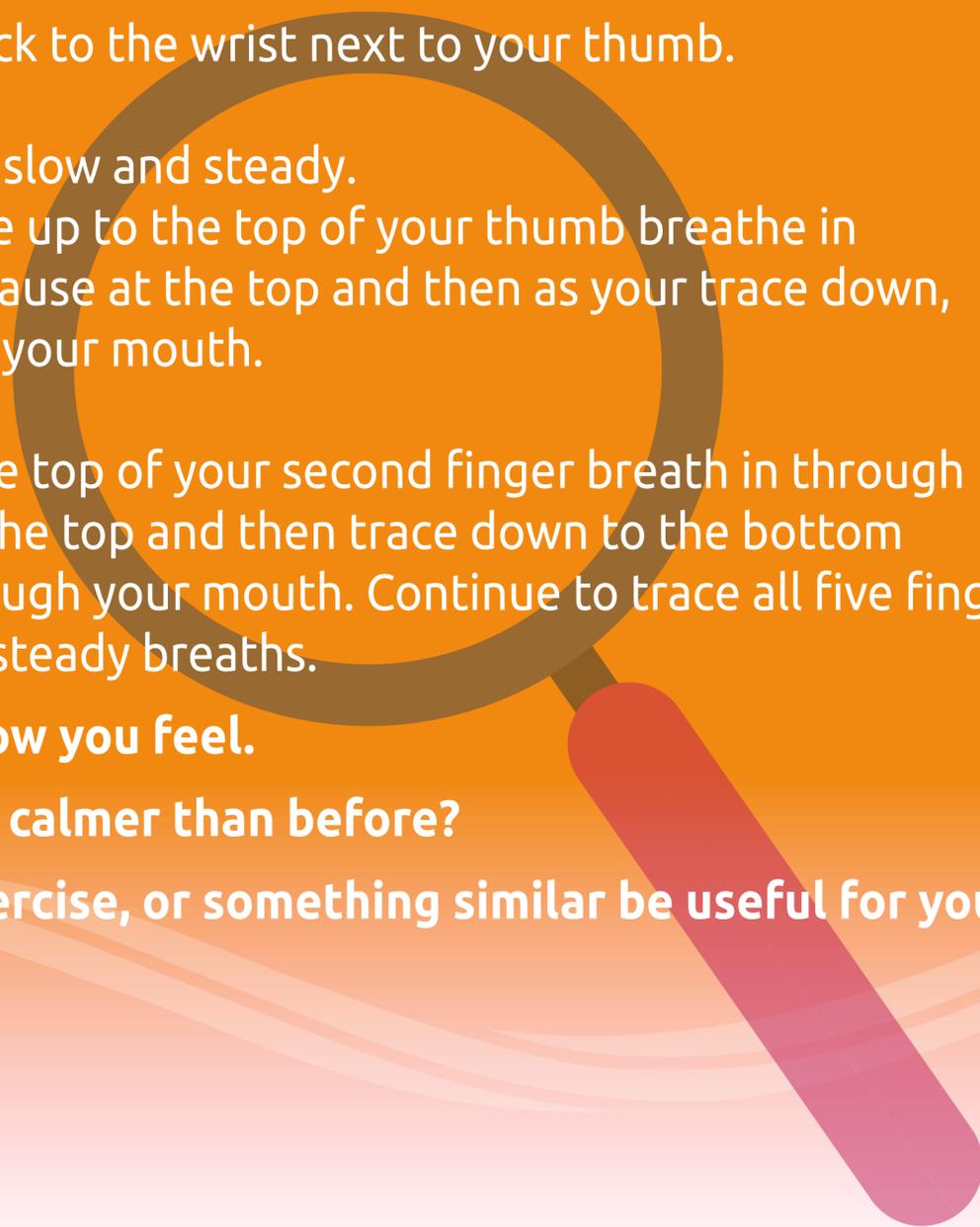
This time as you trace up to the top of your thumb breathe in through your nose, pause at the top and then as your trace down, breathe out through your mouth.

Trace slowly up to the top of your second finger breath in through your nose, pause at the top and then trace down to the bottom and breathe out through your mouth. Continue to trace all five fingers, taking five slow and steady breaths.

At the end notice how you feel.

Do you feel calm, or calmer than before?

When might this exercise, or something similar be useful for you?



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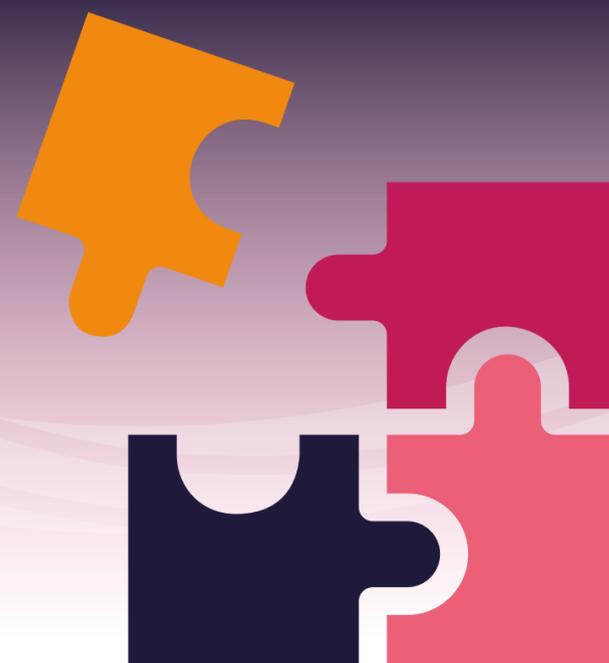
Keep Learning

Each of us have strengths that are admired by human beings. Complete a simple [free on-line survey](#) here to learn what yours are. Then in the weeks following notice them.

What situations do you notice them most?

When you are doing the things you enjoy are you using your strengths?

When do they get in the way and when would it be better for you to dial them down a little?



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