Healthy Mind Platter Coping Strategies

**Focus on tasks**

**& achieve goals**

* Get into one of those projects on the to-do list
* Read a book/ newspaper
* Do a Sudoku
* Get crafty
* Housework

**Strengthen self by moving**

* Go for a walk
* Go to the gym
* Clean the house
* Gardening

**Allow our body and**

**brain to rest**

* Go to bed early
* Allow a sleep-in



**Time for quiet reflection**

* Slow down your breathing, take 10 really deep breaths
* Notice… what are 5 things you can see, hear, feel?
* What went well today?
* Reflect on what’s important to you?
* Access your Happy Bag

 **Let our minds wander**

* Watch a favourite movie
* Have a bubble bath
* Appreciate beautiful art
* Sit and soak up nature

**Allow spontaneity,**

**creativity & play**

* Dance or sing
* Cook something
* Play a game
* Smile or laugh out loud

**Connect with other**

**people and the world**

* Call a friend
* Go out for lunch
* Or dinner or coffee…
* Do something thoughtful
* Go to the beach/ park
* Go sit in nature
* Pray