



Safety Moment

Your mental fitness is just as important as your physical fitness! Here are 8 mental health activities you can do with your family to workout that mental muscle together 🧠💡.

Here are a few of my favorite's:

🕒 Allocate some time everyday to for all of you to talk about what you're thinking and how you're feeling.

🧘♂️ Spend 5 - 10 minutes practicing slow and steady breathing together.

👨‍👩‍👧‍👦 When doing a task or activity together, encourage your family to use all of their senses to be present with what they're doing.

8 MENTAL HEALTH ACTIVITIES TO WORK ON MENTAL FITNESS WITH YOUR FAMILY



03 Each night before bed sit down with your family and identify 3 good things that you have all achieved each day. This is great way for boosting mood



04 Work with your family to identify each of your strengths and how you can use them in the coming weeks



05 Each morning when you wake up engage in some imagery. Close your eyes and as a family imagine yourselves being in a happy and relaxing place. A simple tool to help you relax



06 Allocate some time every day where you can all talk about what you are thinking and how you are feeling



02 As a family work together to effectively problem solve. Come up with all the solutions to a problem and put an action plan in place to overcome any worries you might have



07 As a family schedule time into your week where you can all do things that provide you with a sense of pleasure and achievement



01 Spend 5 - 10 minutes engaging in some slow and steady breathing. A great way to relax



08 When engaging in tasks or activities encourage your family to try and use all their senses to be present with what they are doing

