

Ideas that everyone can incorporate into their daily life

1 Building Strengths & Resilience

Try and recognise what behaviours and thoughts contribute to you being at your best – and use these in your tougher moments. Identify 5 habits and behaviours you can implement daily or weekly that will contribute towards your resilience levels.



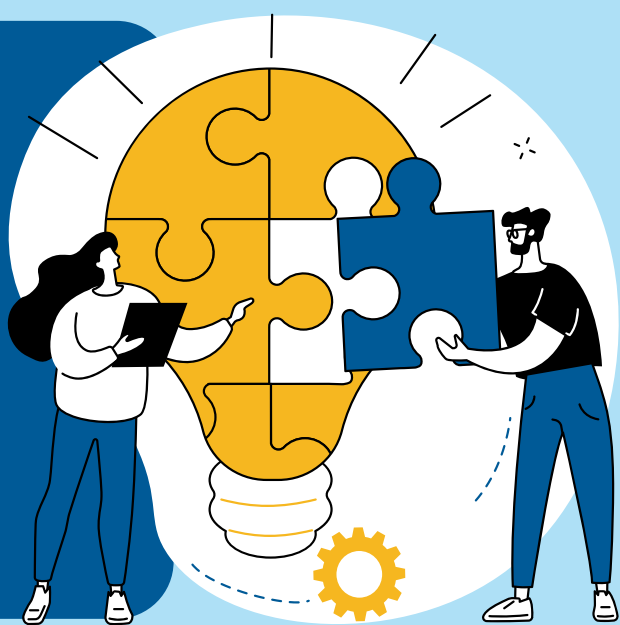
2 Energy & Action Plans

Try and incorporate some movement into your day. If you're working and office-based, be sure to stretch or move every hour. Create a wellness action plan to help provide support during times of challenge.



3 Peer Support & Resources

Take advantage of support opportunities in the ALK Positive UK community, to build positive mental health collectively. There are also many resources available on our website to develop coping and stress management skills.



4 Check-ins & '3 good things'

Every so often, check in with a fellow ALK+ patient. Ask them how they are and if there is anything you can do to support them. At the end of each day, try and write down 3 good things you experienced or achieved that day.



5 Conservation & Conversation

Ensure you dedicate time each day to pausing, slowing down and being present in the moment. Make mental health a part of everyday conversation and create a strong link between wellbeing and physical health.

