Daily chart

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Each day, aim for at least 3: | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |  |
| 1. Be Active
 |  |  |  |  |  |  |  |  |
| 1. Connect
 |  |  |  |  |  |  |  |  |
| 1. Take Notice
 |  |  |  |  |  |  |  | ✓ |
| 1. Give
 |  |  |  |  |  |  |  | Tick when completed! |
| 1. Keep Learning
 |  |  |  |  |  |  |  |  |
| SCORE: |  |  |  |  |  |  |  | Weeks score:= |

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| **Be Active:** E.G. **Connect:** E.G.**Take Notice:** E.G. **Give:** E.G. **Keep learning**: E.G.  |

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| **Activity ideas**These are examples – you need to find examples that work for you. Get others to help you complete the blank chart below. |
| **Be Active** | **Connect** | **Take Notice** | **Give** | **Keep learning** |
| **Walk** | **15 mins with family** | **Mindfulness app** | **Make someone a cup of tea or coffee** | **Spend time on your interests/hobbies** |
| **Cycle** | **Chat to a friend** | **Focus on senses (e.g. aromatherapy oils, slow sand timer, music, weighted items)** | **Do a household chore** | **Learn a language** |
| **Gym equipment** | **Message friends** | **Play your favourite music and focus on it** | **Volunteer** | **Follow an online campaign** |
| **Basketball** | **Take the dog out for a walk** | **Meditation app** | **Small act of kindness** |  |
| **Yoga** | **Join an online forum based on your interest** |  |  |  |
|  | **Send an email** |  |  |  |
|  |  |  |  |  |

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| **Activity ideas** |
| **Be Active** | **Connect** | **Take Notice** | **Give** | **Keep learning** |
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**Information on the 5 ways**

The 5 types of activity or 5 ways given here (be **Active, connect, take notice, give, keep learning**) can help you feel better, and help you cope with anxiety.

They were developed by the New Economics Foundation, as the result of a commission by Foresight, the UK think-tank, as part of the Foresight Project on Mental Capital and Wellbeing.

Warning! If your mood is low, or you are feeling very anxious, it can be hard to make yourself do any of these activities at all. You may feel sluggish, as if you can’t be bothered. But they will help.

Use the chart above to encourage yourself to do a few of these activities *every* day. One activity a day is better than no activities. A short activity is better than no activity too. If you stick to the chart, it will become easier.

Over time it will help you feel better.