

## **You Matter. Every Step Matters.**

Sometimes when we don't feel our best, it's easy to overlook the effort we have put in and the tools that we have developed to feel better. We encourage you to document these incremental steps, whether by writing on paper, typing in a digital notepad, or creating a voice recording. By doing so, you can later reflect on your journey and recognise the significance of the progress you've made.

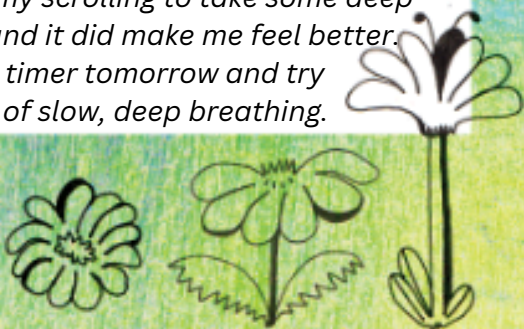
### **Small Steps I'm Proud of Today**

**Date:** 15/12/2023

**What did I do?:** I normally scroll through my phone before bed for hours. Today, I set a 30-minute timer to interrupt my scrolling, and I did 10 rounds of slow, deep breathing.

**How Did I Feel?:** Initially I felt annoyed with the timer going off, but after deep breathing, I did feel a little less tense.

**Reflection:** It took almost no time to interrupt my scrolling to take some deep breaths, and it did make me feel better. I will set a timer tomorrow and try 11 rounds of slow, deep breathing.



## **You are not alone!**

Your support team care a lot about you and believe in you. Even though it might feel challenging right now, remember that you have a team dedicated to helping you feel better. Even on the tough days when you feel like you've taken a step backwards, know that they're there to remind you that every small action you take towards your health and wellbeing really matters!

### **One small step at a time!**

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## **SMALL ACTS BIG IMPACT**

Six small habits  
for mental and physical health





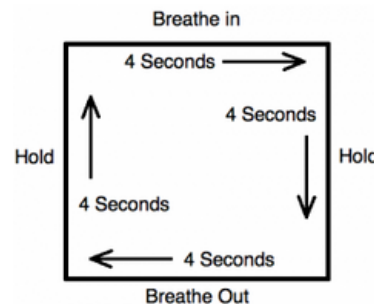
# One Small Step at a Time

## Connect with others

- Communication and connection are some of our greatest tools. Friend, family or counsellor, it's important to share how we feel.
- If you can't connect with someone today, try to schedule some social time into your upcoming week.

## Practice box breathing

- Breathe in for four, hold for four, breathe out for four, hold for four. Repeat this cycle as long as it takes to quieten your mind and slow your body.



## Be mindful of light

- Try to incorporate exposure to natural light into your morning routine. The earlier, the better!
- Minimise exposure to artificial light from technology in the hour before bed.
- Together, these small habits can help you reset your circadian rhythm, boost energy in the morning and help sleep at night.

## Prioritise movement that makes you feel good

- Exercise doesn't have to be a chore. Move in a way that makes **you** feel better. Whether that's hitting the gym or dancing to your favourite album, stretching from head to toe, gardening, or walking in nature - it all counts.

## Do something you enjoy everyday

- Focus on the small things that make you feel the most like yourself and bring you pleasure.
- It can be as simple as soaking in the bath, grabbing a favourite drink at a cafe, drawing or crafting, or snuggling up to read a good book.
- The **what** doesn't matter! Make sure the activity prioritises you and your own wellbeing.

## Notice how are you talking to yourself?

- Ask yourself "Would I say that to a friend?" If the answer is no, try to stop the thought in its tracks and reframe it.
- Swap the self-criticism for self-compassion. "I am being so lazy today" can turn into "I'm tired today and my body deserves rest".