

Safe Haven Connect CIC · Registered CIC

100 Free Things You Can Do to Improve Your Mental Health

Simple, Practical Ideas to Support Your Wellbeing Every Day

Version 1.0

Welcome

Looking after your mental health doesn't have to be expensive or complicated.

Often, it's the small things we do every day that have the greatest impact on how we feel. A short walk, talking to someone you trust, drinking enough water or simply taking a few deep breaths can all make a real difference.

This workbook contains 100 completely free ideas to help improve your mental wellbeing. You don't need to complete them all—choose the ones that work best for you and remember that every small step counts.

Be kind to yourself, take things one day at a time, and celebrate every bit of progress.

How to Use This Workbook

Choose one or two ideas to try each day.

Tick them off as you complete them.

Make notes about what helped.

Repeat the activities you enjoy most.

Remember there is no right or wrong way to use this workbook.

Why Small Actions Matter

Improving your mental health isn't about becoming happy all the time.

It's about building healthy habits that help you cope with life's ups and downs.

Small daily actions can help to:

Reduce stress

Improve mood

Build confidence

Increase resilience

Improve sleep

Reduce feelings of isolation

Help you feel more in control

Create healthier routines

Before You Begin

How am I feeling today?

☐ Great

☐ Good

☐ Okay

☐ Struggling

☐ Having a difficult day

What would I like to improve?

☐ Anxiety

☐ Low mood

☐ Stress

- ☐ Sleep
- ☐ Confidence
- ☐ Motivation
- ☐ Relationships
- ☐ Self-esteem
- ☐ Loneliness
- ☐ General wellbeing
- ☐ Other

My Promise to Myself

I will try new things.

I will be patient with myself.

I understand that progress takes time.

I will celebrate every small achievement.

Signed:

Date:

100 Free Things You Can Do to Improve Your Mental Health

The list begins on the next page.

100 Free Things You Can Do to Improve Your Mental Health

Part 1 (1–25)

Tick each activity as you complete it.

- ☐ 1. Go for a 10-minute walk.
- ☐ 2. Drink a full glass of water.
- ☐ 3. Open a window and let in some fresh air.
- ☐ 4. Take five slow, deep breaths.
- ☐ 5. Write down three things you're grateful for.
- ☐ 6. Listen to your favourite song.
- ☐ 7. Watch the sunrise or sunset.
- ☐ 8. Stretch your body for five minutes.
- ☐ 9. Spend time in a local park or green space.
- ☐ 10. Tell someone you appreciate them.
- ☐ 11. Smile at someone today.
- ☐ 12. Spend 15 minutes away from your phone.
- ☐ 13. Write in a journal.
- ☐ 14. Read a chapter of a book.
- ☐ 15. Sit quietly without distractions for 10 minutes.
- ☐ 16. Declutter one small area of your home.
- ☐ 17. Compliment yourself for something you've done well.
- ☐ 18. Listen to the sounds of nature.
- ☐ 19. Watch a funny video that makes you laugh.
- ☐ 20. Write down one goal for tomorrow.

- ☐ 21. Give yourself permission to rest.
- ☐ 22. Make yourself a healthy meal.
- ☐ 23. Spend time with a pet or watch animals outdoors.
- ☐ 24. Look through happy photographs or memories.
- ☐ 25. Remind yourself that difficult feelings don't last forever.

My Notes

Which activities helped me the most?

Next Section: Part 2 – Activities 26–50.

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Part 2 (26–50)

Tick each activity as you complete it.

- ☐ 26. Call or message someone you've been meaning to speak to.
- ☐ 27. Watch the clouds for five minutes.
- ☐ 28. Do a random act of kindness.
- ☐ 29. Write down five things you like about yourself.

- ☐ 30. Dance to your favourite song.
- ☐ 31. Spend 30 minutes away from social media.
- ☐ 32. Organise your bedside table or desk.
- ☐ 33. Try a simple breathing exercise.
- ☐ 34. Read an inspiring quote.
- ☐ 35. Tell someone how much they mean to you.
- ☐ 36. Sit outside and enjoy the fresh air.
- ☐ 37. Make a list of your achievements.
- ☐ 38. Do one task you've been putting off.
- ☐ 39. Spend time noticing the sights and sounds around you.
- ☐ 40. Laugh as much as you can today.
- ☐ 41. Write a positive note to your future self.
- ☐ 42. Tidy one room or small space.
- ☐ 43. Drink another glass of water.
- ☐ 44. Spend time doing a favourite hobby.
- ☐ 45. Give yourself permission to say "no" to something you don't have the energy for.
- ☐ 46. Take a slow walk without rushing.
- ☐ 47. Learn one new fact about something that interests you.
- ☐ 48. Think of one challenge you've already overcome.
- ☐ 49. Spend five minutes practising gratitude.
- ☐ 50. Tell yourself: "I am doing the best I can today."

My Notes

Which activities made the biggest difference?

Next Section: Part 3 – Activities 51–75.

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Part 3 (51–75)

Tick each activity as you complete it.

- ☐ 51. Spend 10 minutes in nature.
- ☐ 52. Write down three things you're looking forward to.
- ☐ 53. Do a full-body stretch.
- ☐ 54. Make your bed.
- ☐ 55. Watch the birds or other wildlife.
- ☐ 56. Listen to a relaxing playlist.
- ☐ 57. Write a list of your strengths.
- ☐ 58. Take a break from the news for the day.
- ☐ 59. Sit in the sunshine for a few minutes (when safe to do so).
- ☐ 60. Write down one worry, then write one small step you can take.
- ☐ 61. Spend quality time with someone you enjoy being around.
- ☐ 62. Forgive yourself for one mistake.

- ☐ 63. Create a simple to-do list.
- ☐ 64. Notice five beautiful things around you.
- ☐ 65. Take a slow, mindful shower or bath.
- ☐ 66. Write down five things you've achieved this year.
- ☐ 67. Encourage someone else with kind words.
- ☐ 68. Spend an hour doing something that makes you happy.
- ☐ 69. Unfollow social media accounts that negatively affect your wellbeing.
- ☐ 70. Take a break and simply do nothing for 10 minutes.
- ☐ 71. Reflect on a happy memory.
- ☐ 72. Write down a positive affirmation and read it aloud.
- ☐ 73. Learn a simple mindfulness technique.
- ☐ 74. Celebrate one small win, no matter how small it seems.
- ☐ 75. Remind yourself that asking for help is a sign of strength.

My Notes

What have I learnt about myself?

Next Section: Part 4 – Activities 76–100, followed by a personal reflection, disclaimer and information about Safe Haven Connect CIC.

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Part 4 (76–100)

Tick each activity as you complete it.

- ☐ 76. Watch your favourite film or TV programme.
- ☐ 77. Spend time with someone who makes you laugh.
- ☐ 78. Write a list of things you can't control—and let them go.
- ☐ 79. Notice something beautiful on your walk today.
- ☐ 80. Learn a new breathing technique.
- ☐ 81. Do something creative, such as drawing or colouring.
- ☐ 82. Spend time appreciating the present moment.
- ☐ 83. Tell yourself one positive thing in the mirror.
- ☐ 84. Write down three things you've done well today.
- ☐ 85. Watch the stars at night.
- ☐ 86. Switch your phone off for an hour.
- ☐ 87. Spend time with a family member.
- ☐ 88. Organise a small part of your home.
- ☐ 89. Listen to calming sounds or nature.
- ☐ 90. Smile at yourself—you've made it this far.
- ☐ 91. Say thank you to someone who has helped you.
- ☐ 92. Make time to enjoy your favourite hot drink without distractions.
- ☐ 93. Write down five reasons to be hopeful.
- ☐ 94. Take a few minutes to practise mindfulness.
- ☐ 95. Spend a day being kinder to yourself.

- ☐ 96. Celebrate how far you've come.
- ☐ 97. Make plans for something to look forward to.
- ☐ 98. Remember that it's okay to ask for help.
- ☐ 99. Share kindness with someone today.
- ☐ 100. Remind yourself: You are enough, just as you are.

My Reflection

After completing these activities, take a moment to reflect.

Which activities helped me the most?

What have I learnt about myself?

Which habits would I like to continue?

One thing I'm proud of

Final Thoughts

Looking after your mental health doesn't require perfection.

Small, consistent actions can make a meaningful difference over time.

Some days will feel easier than others, and that's okay. Celebrate every step forward, no matter how small it seems.

Remember, asking for help is a sign of strength, not weakness.

Disclaimer

This workbook has been created by Safe Haven Connect CIC as an educational wellbeing resource. It is not intended to replace professional medical, psychological or mental health advice, diagnosis or treatment.

If you are struggling with your mental health or your symptoms are worsening, please seek support from a qualified healthcare professional. If you or someone else is in immediate danger, contact your local emergency services immediately.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making mental health support accessible to everyone.

We provide free and affordable wellbeing resources, including downloadable workbooks, self-help guides, mental health courses, anonymous chat rooms, breathing exercises, mood tracking tools, wellbeing activities and our AI wellbeing companion, Sage.

Our mission is to reduce isolation, improve wellbeing and ensure that nobody has to face life's challenges alone.

 Website: <https://safehavenconnect.org>

 Workbook Library: <https://safehavenconnect.org/workbooks>

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