

7-day kit to boost mental health

MONDAY

FOCUS ON MOTIVATION

Set a goal, write it down and plan the first steps.

TUESDAY

FOCUS ON SELF-CARE

Take a bath, meditate, and get or give yourself a pedicure.

WEDNESDAY

FOCUS ON DIGITAL DETOX

Take the night off from screen time, or read a book or magazine.

THURSDAY

FOCUS ON ORGANISATION AND REMOVAL

Tackle the junk drawer or purge old emails.

FRIDAY

FOCUS ON ENTHUSIASM AND VITALITY

Get some fresh air and spend time with loved ones.

SATURDAY

FOCUS ON HEALTH

Plan your meals for the week, exercise and drink some herbal tea.

SUNDAY

FOCUS ON GRATITUDE

Use a document or notebook to write down 7 positive things from the past week.