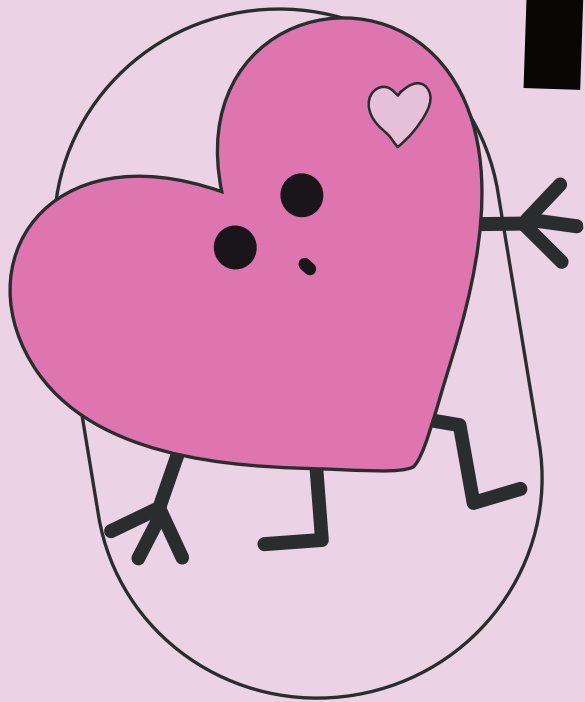


IT'S VITAL THAT YOU FEEL!



Find suggestions for
your mental health
support at peaasi.ee

Suggestions for feeling pleasant emotions:

- Take at least one moment every day to dance like no one's looking. Let out all your happiness, sadness, excitement and anger with dance. How does it feel?
- This week, try to only share and notice funny or positive posts on social media. How hard can it be?
- Help someone. Studies show that doing a good deed improves our own wellbeing, so do some good: give a compliment or make a donation to a charity!
- Try to train your brain to notice the good things in life. Did you know that positive thinking increases your energy levels, creativity and productivity by 30%? When the day is done, ask yourself: what was that one thing that didn't go well today and now try to find three things that did go well! You don't always have to succeed at everything 100%, otherwise there would be no room for growth. But, try to at least keep the balance on the positive side. Our mind can register negativity on its own very well, but noticing the positive has to be consciously practiced.
- Plant some plants or reorganise your surroundings.
- Put aside some time to spend in nature. Look, hear, smell and touch!
- Find at least half an hour this week to do what you really want to do.
- Think, plan and dream of something good to look forward to. Enjoy that thought!



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