

# TAMING OLIVIA



**SMALL STEPS.**



# Small Steps



**W**hen we feel low, it can be a challenge to work out how to start doing the things that help us feel better. Trying to get up and about again, and attempting to drum up motivation, can feel totally overwhelming when we are low on energy.

**B**reaking things down into smaller, more manageable chunks can make the world of difference! Never underestimate a baby step!

**T**his activity will help you choose some small steps that can help create a big impact. Take a look through the small steps suggestions on the next page, think of some of your own to add too, and then jot them down in the table on page four.

Once you have completed the activity, keep the sheet handy as a helpful reminder of how to start the positive cycle.

## LETS GET TO IT...

### TIPS:

- **R**emember, you do not need to complete everything you jot down every single day. Depending on how you're feeling, completing one or two items on your list is still huge cause for celebration.
- **T**ake one list item at a time. Completing one activity and feeling a sense of achievement can make it easier to build upon.
- **R**emember to show yourself compassion. If you complete this activity, and then on some days feel unable to carry out the activities, that's okay! Go easy on yourself - tomorrow is another day!
- **P**lease also remember to seek support if you are feeling very low. If feeling down lasts a while or you are struggling to do any small steps for a few days in a row, please talk to someone. You deserve support and to feel better.



# Small Steps

## PHYSICAL/MOVEMENT

- Get out of bed
- Spend some time outside
- Have a healthy snack
- Have a wash/shower/bath
- Stretch
- Exercise

## SOCIAL

- Call a friend or family member
- Ask someone to go for a wander
- Ask someone around to watch a film
- Visit a friend
- Take part in a support group
- Join a club

## SMALL STEPS

## SPIRITUAL

- Spend some time in nature
- Do some gardening
- Use mindfulness activities or meditate
- Practice abdominal breathing
- Read about something that matters to you
- Visit your place of worship

## EMOTIONAL/PSYCHOLOGICAL

- Write how you feel, keep a gratitude journal
- Talk to a trusted person
- Complete some negative thought recognition/challenge activities.
- Read through something that makes you happy.
- Listen to a well-being podcast
- Revisit any possible CBT activities you have learned



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**PHYSICAL/MOVEMENT**

**SOCIAL**

**SMALL STEPS**

**SPIRITUAL**

**EMOTIONAL/PSYCHOLOGICAL**

