

7 DAYS TO BOOST YOUR EMOTIONAL WELLBEING



MONDAY TIME TO CHECK IN

Download Woebot by [clicking here](#). Our talk therapy chatbot offers in the moment emotional support 24/7 via an app. Download Woebot using the Promo code: **groceryaid1**



FRIDAY TIME FOR SELF-CARE

Look after yourself by reading a short 'Find out more' guide about topics around the body. This includes getting enough sleep, eating well, and physical activity. [Click here to get started](#)



TUESDAY TIME TO EXPLORE

Take some time to explore the Health and Wellbeing Portal to read up on topics of interest to you about Mind, Body and Behaviour by [clicking here](#)



SATURDAY TIME TO LEARN

Try a Bitesize session called 'Learning to change' which can be accessed on your phone by [clicking here](#) and scrolling to the end of the page



WEDNESDAY TIME FOR WELLBEING

Read our short 'Find out More' guide about mind topics such as "5 ways to wellbeing" by [clicking here](#)



SUNDAY TIME TO REFLECT

[Click here to begin](#) a mindfulness video about Compassion

If you feel like you need more emotional support, GroceryAid is available to talk 24/7, 365 days a year. [Please call their free Helpline on 08088 021 122](#)



THURSDAY TIME TO PRACTICE MINDFULNESS

Find yourself a comfortable sitting position to start a 10-minute mindfulness video. Try the video called 'Letting thoughts Settle' to let go of negative energy by [clicking here](#)

**GROCERYAID HELPLINE:
08088 021 122**

Follow us:    

groceryaid.org.uk

GroceryAid[®] 
0046 206630

MENTALHEALTHAWARENESSWEEK