TAMING OLIVIA

SMALL STEPS.



When 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.

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Steps

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

This 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.

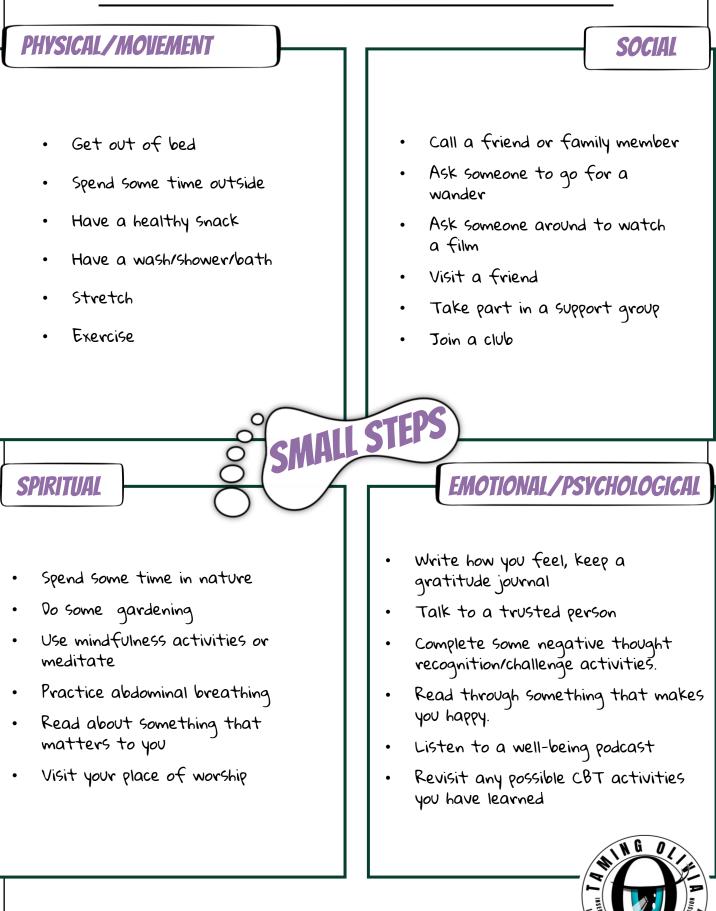
LETS GET TO IT...

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.
- Remember 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!
- Please 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.







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