



Wellbeing Webinar: Overcoming Low Mood

What one thing can you do to improve on your diet, water and sleep over the next week?

What thinking style do you most often think in?

Jot down three things you are grateful for

1)

2)

3)

Can you have a go at expanding these answers

1)

2)

3)

Visualisation: What happy memory sprung to your mind?
