

Recipes for good mental health and wellbeing



A fresh way to think about your own inner strengths during difficult times.

When things feel tough, it can be useful to think about the “ingredients” we often already have to get through it.

Step 1 Think about something that you have found difficult, this could be an experience, a relationship, school, or anything else.

Step 2 Think about what inner strengths you have (or would like to have) in order to work towards coping better (e.g. Humour, resilience, confidence, hope, etc.)

Step 3 Use your inner strengths to create a fun recipe (e.g. a pinch of courage, a cup of patience, 15mls of interest, a handful of tears and 100g of banter.)

Step 4 You can use this step as a template or create your own: A pinch of... A cup of... 15mls of ... A handful of... 100g of...

A decorative recipe card template with a yellow and white checkered border. It features four sections: 'Recipe:' at the top, 'Ingredients:' below it, 'Directions:' in the middle, and 'Love:' at the bottom. Each section has several horizontal lines for writing. The card is decorated with a pink flower in the top right corner and a yellow and blue flower in the bottom left corner.