

The effects of mental health problems are huge, and given the challenging times we are living in with coronavirus, it's more important than ever that we take steps to support good mental health.

To that end, we've updated our mental health reflections booklet with new material to provide hope, reassurance and comfort.

The 13 daily reflections are also available as a podcast series. Listen using the player below, or subscribe wherever you get your podcasts.



## [Download a PDF of these reflections](#)

[A PDF designed to be printed is available](#)

You can read our thirteen daily reflections Written by Professor Chris Cook and accompanied by "have a go" habits developed by Ruth Rice.

If you want to speak to someone, please [visit the Mental Health Foundation website](#), which has lots of helpful resources and contacts.

Text Search

1.



Day eight - Eat, rest, sleep

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Have you ever been busy with work or a task and, having got through it all, then found the anti-climax afterwards even harder to deal with?

2.





**Day eleven - The divided self**

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Have you ever said, “I’m in two minds about that!”?



3.



**Day five - Time well spent**

What is the passion in your life? Do you spend a lot of time wishing you could do something else?



4.

**Day four - How are you?**

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Have you ever found yourself not knowing what to say when someone cheerily said “How are you?”

5.



**Day nine - Blessed are those who mourn**

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"Count your blessings" is one of those unhelpful things that people say when they really mean "You shouldn't feel the way you do".



6.



## Day one - Living in isolation

Who is in our hearts and minds? How can we reach beyond the confines of rooms and homes to connect with those we love?



## Day seven - Hearing voices

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Where did that thought come from?!

8.



**Day six - Switching focus**

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Life sometimes feels like one long to-do list.



9.



Day ten - Worry

“Don’t worry!” Easy to say, and hard to do.



Day thirteen - Love

What does love look like?

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