

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.

13 daily mental health reflections booklet mockup

## 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.

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## 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?

2.



## Day two - Loneliness

When feeling lonely, turn to God, and ask God to turn to you.

3.



## Day three – God in our struggles

Scary though these things may be, God may well be in our midst, waiting to bless us.

4.



## Day four - How are you?

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

5. A person checking the time on their Apple Watch.

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## 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?

6.

A boy sitting on the floor looking up at a group of adults in black and white.

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## Day six - Switching focus

Life sometimes feels like one long to-do list.

7. A splash of water.

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## Day seven - Hearing voices

Where did that thought come from?!

8. A solitary tree standing in a field.

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## Day eight - Eat, rest, sleep

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?

9. A wooden block with the word 'bless' written on it.

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## Day nine - Blessed are those who mourn

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

10. A person's hands held together as they rest their arms on a balcony.

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## Day ten - Worry

"Don't worry!" Easy to say, and hard to do.

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