

A FEW SAMPLE PAGES

MY LITTLE



**MENTAL
HEALTH**

FIRST AID KIT



**FOR UK BASED
FREELANCERS & SELF-EMPLOYED**

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Building Resilience

What is resilience?

Have you ever noticed that some people are just really good at bouncing back? They roll with the punches life throws them with almost effortless ease. While others (like me!) often struggle and have to work at it!

Resilience is about recognising that, at times, life will present you with difficulties and this will sometimes come with intensive negative emotions and feelings. Knowing how to manage these and not just push them away is the core of resilience. Humans are capable of amazing things even in the face of dire adversity.

Resilient individuals can be recognised by their confidence (self-efficacy), coordination (planning), control, composure (low anxiety), commitment (persistence), and ability to make adversity meaningful.

A high level of resilience can be recognised in the following characteristics:

- Ability to engage with and utilise others for own support and development
- Manages negative emotions
- Asserts influence but accepts external controls
- Learns from past experience
- Seeks and uses supportive environmental factors
- Practises the use of protective factors

The key to resilience is a [growth mindset](#) (more on this later). Resilience can have an impact on your emotional and psychological wellbeing, as well as your work and home life. It helps to reduce burnout, increase empathy and compassion, reconnect with the joy and purpose in your life, and improve your physical and mental health.

MY LITTLE MENTAL HEALTH FIRST AID KIT



ULTIMATE MENTAL HEALTH PLANNER
for freelancers & self-employed



WHAT'S INCLUDED?

- MOOD TRACKER
- WELLBEING CHECKLIST
- GRATITUDE NOTES
- DAILY JOURNAL
- SELF-CARE PLANNER
- WORK PLANNER
- WEEKLY WORK OUT PLANNER
- DAILY AFFIRMATIONS
- SELF ESTEEM WORKSHEET
- MINDFULNESS COLOURING SHEET
- MAKING CONNECTIONS WORKSHEET



MENTAL HEALTH MATTERS

FOR FREELANCERS & SELF EMPLOYED

my little mental health first aid checklist



-  BUILD RESILIENCE
-  EAT HEALTHILY
-  SLEEP WELL
-  MINIMISE STRESS
-  RETRAIN YOUR BRAIN TO BE MORE POSITIVE
-  GET PLENTY OF FRESH AIR & EXERCISE
-  PRACTISE SELF CARE
-  CREATE A SEPARATE WORKSPACE
-  CONNECT WITH OTHERS
-  GET CREATIVE
-  KEEP A JOURNAL
-  PRACTISE MINDFULNESS
-  DEVELOP A GROWTH MINDSET

**HOW TO SUPERCHARGE
YOUR MENTAL HEALTH**



Print out & keep somewhere
handy to help keep your
mental health on track!

part of my little mental health first aid kit