

Relax, Recharge, and Recentre

Mental Well-being Guide Created by Claire Sharpe

RELAX
RECHARGE
RECENTRE

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How to use this guide

THIS GUIDE IS YOUR PERSONAL TOOLKIT FOR THOSE MOMENTS WHEN LIFE FEELS OVERWHELMING. THINK OF IT AS YOUR OWN EMERGENCY KIT OR COMFORT BLANKET—FILLED WITH IDEAS AND STRATEGIES THAT COME DIRECTLY FROM YOU.

HERE'S HOW TO GET STARTED:

Fill It Out When You're Feeling Strong

Take some time to work through the prompts when you're in a good place—when you feel calm, clear-headed, and capable. This is the best time to reflect on what truly brings you joy, comfort, and strength.

Write Like You're Giving Advice to Someone You Care About

Imagine you're filling this out for a dear friend or loved one who might need support. What would you tell them? Be kind, be thoughtful, and be specific. You deserve the same care and compassion you'd give to someone else.

Use It as a Resource When You're Struggling

When tough times come—and they will—you can turn to this guide as a source of comfort. It's here to remind you of what works for you: the activities, people, and ideas that can help lift you up.

Just Knowing You Have This Can Be Empowering

Sometimes, the hardest part of a tough moment is the fear of being alone, sad, or overwhelmed. That worry can feed into a negative spiral. But having this guide at your side is a reminder that you're not helpless—you've already prepared for this. Knowing you have this resource is a powerful step toward stopping that spiral and regaining control.

Make It Your Own

Add to it whenever inspiration strikes. If you discover a new way to recharge, a song that lifts your spirits, or a comforting thought, write it down. This guide grows with you, just as you grow through your journey.

Think of this as your roadmap back to balance, created by you, for you.

Ways to relax and recharge

Which activities that make you feel calm and grounded (e.g., reading, listening to music, taking a bath).



TRY THIS:

Block 15 minutes in your day to try one of these activities.

Pamper and nourish yourself

1

Pamper

What are three small ways you can treat yourself this week? It might be a skincare routine, wearing your favorite outfit, or enjoying a luxurious cup of tea.

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2

Nourish

Write down three meals, snacks, or drinks that make you feel cared for and energized.

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-
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3

Try this

Choose one treat and schedule time to enjoy it today.

or

Take time to prepare or enjoy one of these with intention—taste, smell, and appreciate every bite.

Practice Niksen or Meditation

RELAX RECHARGE RECENTRE

NIKSEN – DUTCH FOR DOING NOTHING

Think about how you can create space to do nothing—no screens, no distractions, just being. Write down when and where you'll allow yourself this pause.

TRY THIS

Spend 5-10 minutes today practicing niksen (doing nothing) or meditation. Focus on your breathing and let your thoughts flow without judgment.

TIME

PLACE



Get Outdoors

WRITE DOWN THREE WAYS YOU CAN SPEND TIME IN NATURE, WHETHER THAT'S RELAXING IN A LOCAL PARK, POTTERING ABOUT IN THE GARDEN, OR TAKING A WALK ALONG A COUNTRYSIDE PATH.

1

2

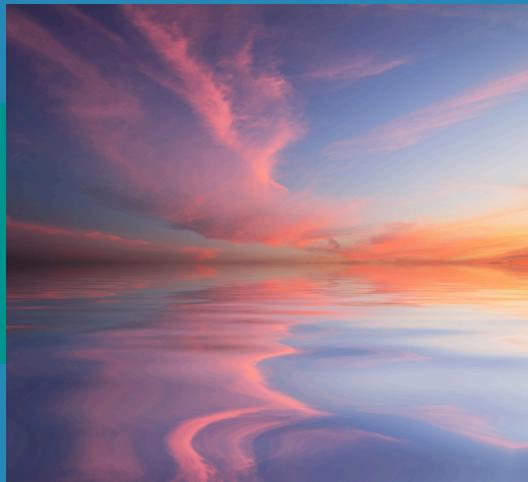
3

TRY THIS

Step outside for just 5 minutes today. Take in the fresh air, notice the sounds around you, and feel how being outdoors makes your body and mind respond.



Reflection Space



WHAT'S ONE THING YOU'RE PROUD OF TODAY?

WHAT'S ONE THING YOU'RE LOOKING FORWARD TO?

WHAT'S ONE THING YOU'RE GRATEFUL FOR RIGHT NOW?