

Small acts for your mental wellbeing

Thanks for listening today.

Feel Good Feb



Small acts for your mental wellbeing

*Good job today!
I couldn't have done without you.*

Feel Good Feb



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*That was a really nice thing you did.
You're the best!*

Feel Good Feb



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*The singing group was fun –
thanks for encouraging me.*

Feel Good Feb



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*I hope you do something today that
makes you feel happy.*

Feel Good Feb



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*Thanks for checking in on me.
I really needed it!*

Feel Good Feb



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*However you're feeling today is okay.
Be gentle with yourself.*

Feel Good Feb



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You're amazing!

Feel Good Feb



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*Thanks for creating a space
where I can just be myself.*

Feel Good Feb



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*Thanks for inviting me along.
It felt good to be included.*

Feel Good Feb



Small acts for your mental wellbeing

Thanks for the laughs today!

Feel Good Feb



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*Your ideas are really inspiring.
Thanks for sharing them.*

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