

My positive steps...

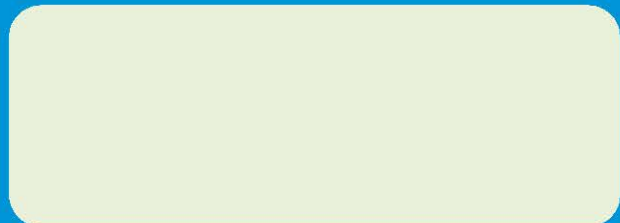
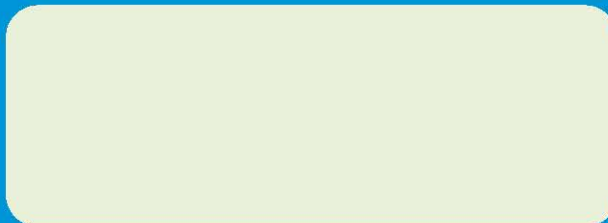
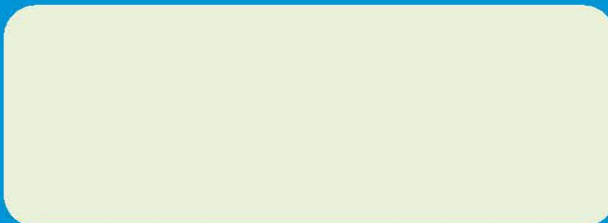
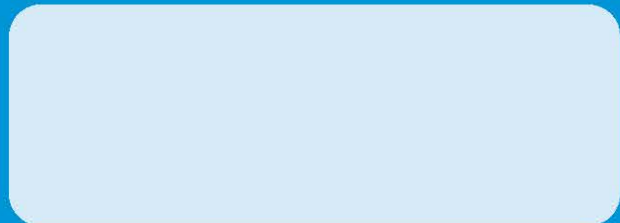
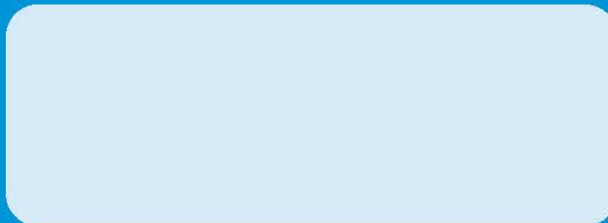
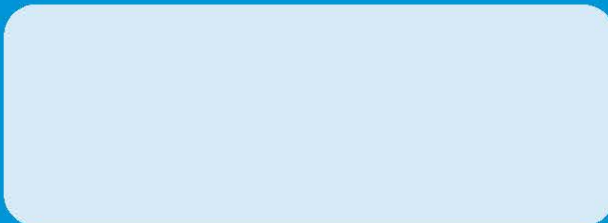
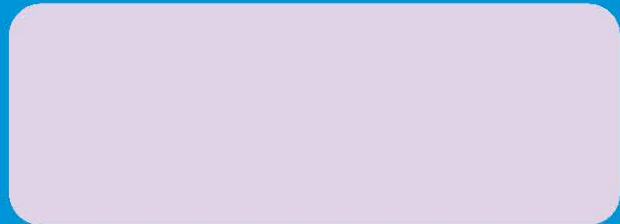
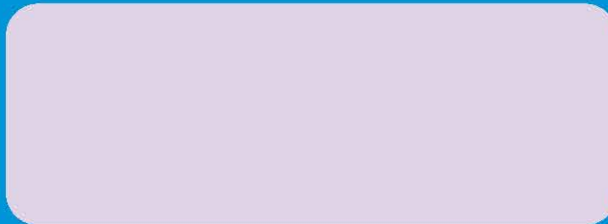
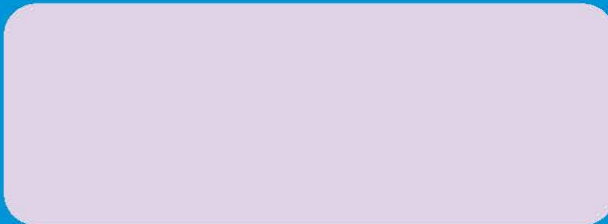
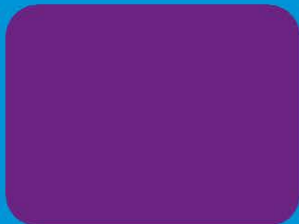
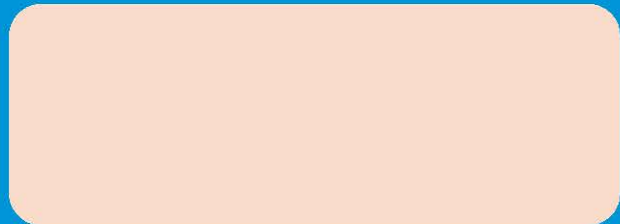
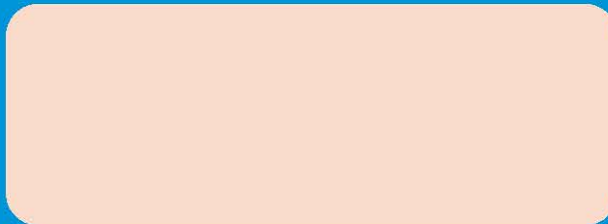
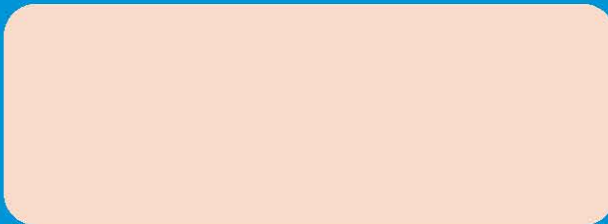
Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive Steps
For Mental Health

What I currently do that I would
like to change

What I want my future to look like

What steps I need to take to
overcome any difficulties



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