Having a good day?

Three actions I will take to continue having good days.

1. 

2. 

3. 

NHS Employers
Good days and bad days

Emotional health isn’t about having a good day every day. It is about having more good than bad and being able to recover from a bad day. Use this card to track your emotional wellbeing over the next two weeks.

More good days than bad?

Track your emotional wellbeing

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