

GET BACK ON TRACK

5 Small Actions for Your Mind



RIGHT TRACK WELLBEING

YOU ARE NOT ON THIS JOURNEY ALONE.

TRAUMA-INFORMED WELLBEING
PAIN INTO PURPOSE

Mindfulness doesn't have to be complicated. These five small actions can help you **pause**, **reset** and **reconnect** with what matters most.



HOW TO USE THIS ACTIVITY

Work through each step of TRACK.
Take your time. Be honest with yourself.
You don't have to do everything – just one small action is enough.
Small steps create real change.



T



TAKE 10 DEEP BREATHS

Pause what you're doing. Take 10 slow, deep breaths. Inhale calm. Exhale tension.



How do I feel after taking 10 deep breaths?

R



REACH OUT TO ONE PERSON

Send a message. Make a call. Connect with someone who makes you feel seen.



Who could I reach out to, and how might that help me?

A



ADD ONE TINY GOAL

Choose one small, realistic goal you can take a step towards today.



What is one tiny goal I can focus on right now?

C



COMPLIMENT YOURSELF

Notice something you did well. Acknowledge your effort, however small.



What is something I can compliment myself on today?

K



KEEP A GRATITUDE NOTE

Write down one thing you're grateful for. It shifts your focus.



What am I grateful for right now?

REMEMBER
You are not on this journey alone.

Small steps.
Big difference.
One moment at a time.

