



ACTIVITIES CHART

TU DUBLIN STUDENT
COUNSELLING SERVICE

EAT HEALTHY FOODS	TAKE UP JOURNALLING	MEAL PREP FOR THE WEEK	TAKE CARE OF PERSONAL HYGIENE	MAKE PLANS WITH A FRIEND
TAKE REGULAR STUDY BREAKS	EXERCISE	PLAN A CHEAP HOLIDAY OR DAY TRIP	REACH OUT TO AN OLD FRIEND	WEAR MY FAVOURITE CLOTHES
CALL A FRIEND	SAY HI TO SOMEONE NEW IN CLASS	GET ENOUGH SLEEP	SAY "NO" WHEN I'M TOO BUSY	TAKE A LONG BATH
TRY A NEW PASTIME	ASK FOR HELP WHEN NEEDED	TAKE A DAY OFF	PARTICIPATE IN HOBBIES	COOK A NEW MEAL
GO FOR A WALK	DO SOME VOLUNTEERING	TALK ABOUT MY PROBLEMS	LISTEN TO MY FAVOURITE MUSIC	WATCH A MOVIE

