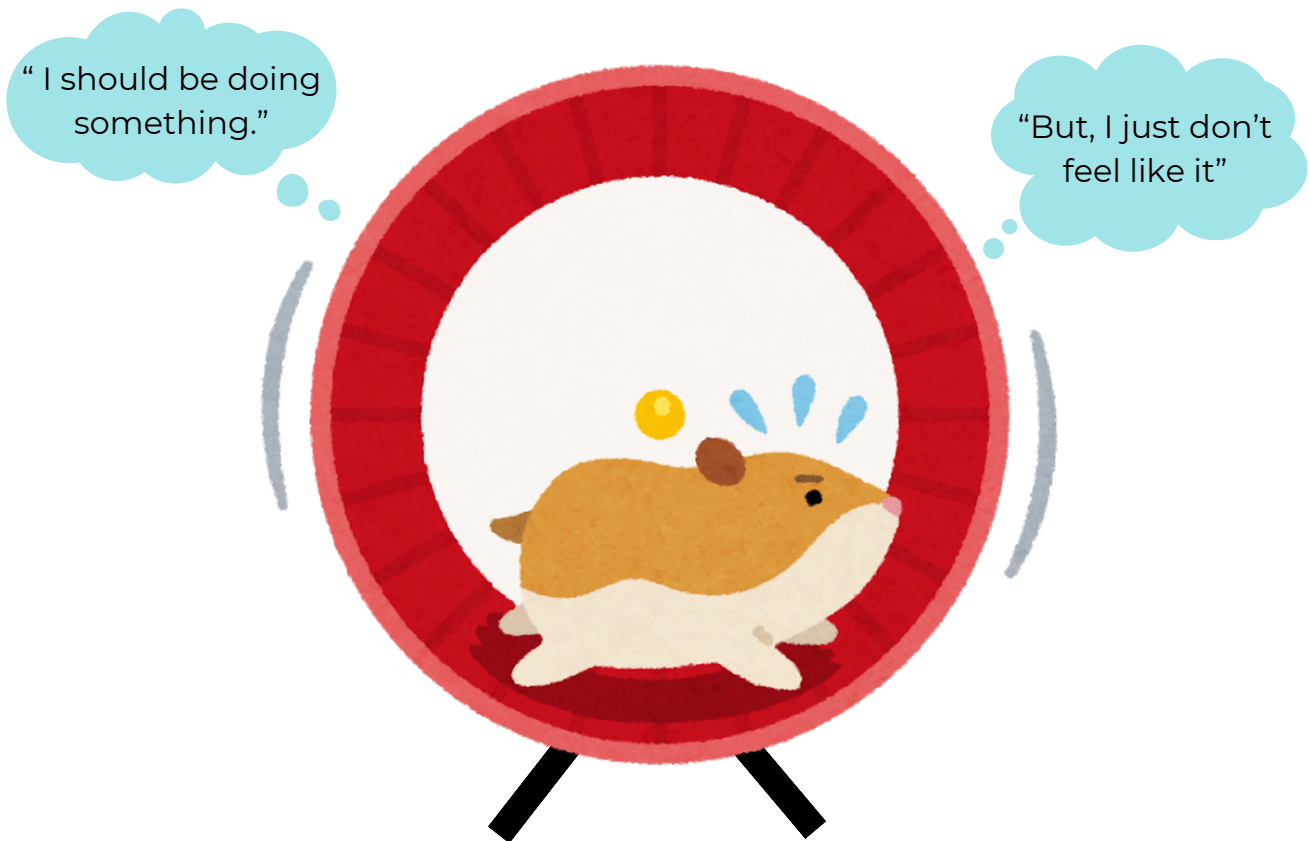
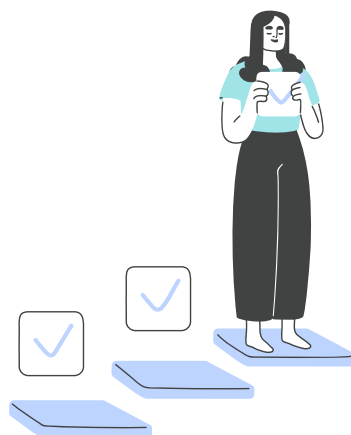


UN-STUCK YOURSELF!

We've all been there. That feeling where the world seems a little grey and even the simplest tasks feel like mountains to climb. You know you want to do something and wake up with the best intentions – to read that book you bought weeks ago, to go on a jog that you promised yourself for a healthy dose of sunshine – *but your body feels heavy, anchored to the spot.*



This happens to the best of us. But, you can break free from the rut of inactivity by taking small, doable steps towards the things that make you feel good.

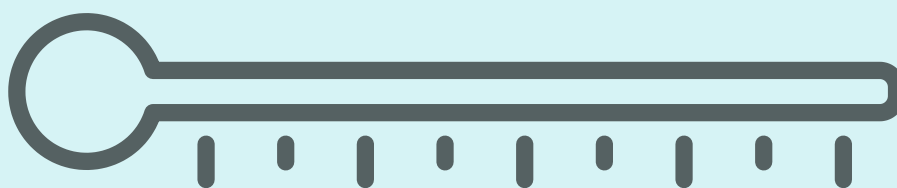


So, today, let's step towards moving that state of inaction into action!

Step 1: Identifying Your Stuck State

Describe the feeling of being stuck in your own words. Do you constantly check your phone, and avoid social interaction? Or do you neglect daily routines like your bath, work or exercise?

If you could rate this feeling on a thermometer, how would you rate it?



Step 2: Create Your Value Compass

What core values are most important to you in life? It could be feeling connected to others (belonging), experiencing personal growth (learning), or contributing to something meaningful (purpose).

Write them down in the compass below.



Step 3: Create Mini Missions & Fill Your Joy Jar!

When you're stuck in a cycle of inactivity, it's easy to get overwhelmed. So today, let's identify small, achievable activities that bring pleasure to you.

- **Pick a core value:** Brainstorm three activities related to your chosen core value and write them in the jar below.

For example:

I. Value: Belonging

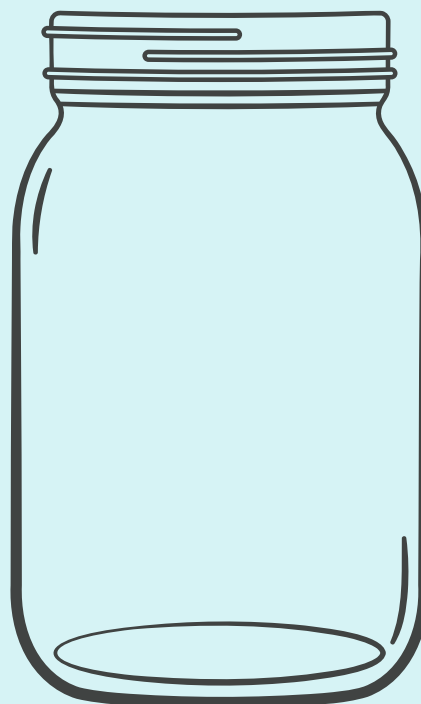
- Call a friend or family member you haven't spoken to in a while.
- Join an online forum or community related to a hobby you enjoy.
- Volunteer for a local cause you care about (animal shelter, food bank)

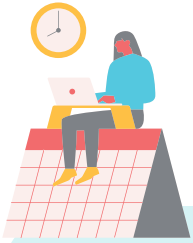
II. Value: Learning

- Listen to a podcast or read a book on a topic that interests you.
- Enrol in a free online course to learn a new skill like playing the piano or engaging in painting.
- Watch a documentary on a subject that sparks your curiosity.

III. Value: Purpose

- Donate to a charity that aligns with your values.
- Help a neighbour with a small task like carrying groceries.
- Spend time decluttering and donating unused items.





Step 4: Schedule Your Mini Missions!

Turn those chosen activities from intentions to actions. Schedule these activities into your calendar for the upcoming week and treat them like important appointments!

P.S. You may even set an alarm for them so that you don't forget.



Step 5: Partner Up!

Sometimes, tackling challenges is more effective with a supportive partner. Is there a friend, family member, or colleague who could join you on your mini-mission?

Step 6: Reassess The Stuck Thermometer!

After completing your mini-mission this week, re-evaluate your score. How far did the needle move this week?



Life can be unpredictable, so be flexible and adjust your mini-missions as needed. The most important thing is to keep moving! Remember, small steps lead to big changes. Celebrate your progress, no matter how small. Keep moving forward, and watch that stuck feeling melt away. You've got this!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

