



Focus on the step in front of you, not the whole staircase.

When you are struggling with your mental health, it can be difficult to focus on even small tasks, such as brushing your teeth or getting out of bed.

It can be helpful to break a task down into smaller steps to make it feel more manageable and less overwhelming. You can use this technique for basic tasks, or even for bigger goals or implementing a new self-care routine.

Place what you are looking to achieve at the top of the staircase. Then, fill out each step of the staircase with the steps required to complete the task. Once you have completed this worksheet, focus on carrying out and marking off the first step before thinking about the second, then mark off the second, third, fourth, so on, until you get to the top of the staircase.

Please see an example below and refer to page 2 to complete your own staircase:

Top of the Staircase:

Going for a 30 minute morning walk with my dog

Step 5:

Take a few steps outside and, if you feel ok, continue walking

Step 4:

Step outside and lock the door

Step 3:

Put on my shoes and put my dog's leash on

Step 2:

Get changed

Step 1:

Get out of bed when my alarm goes off



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