

The Day journey: What does your daily life look like?

As you have seen in the film The Day journey, it is often the small actions in our everyday life that can make a big difference for our own and others' mental health – because mental health is something we create together! We call these small actions "micro-actions."

Write down your thoughts about the film below, and we'll discuss them together.

What thoughts did the film spark in you?

What did you notice in the film? Both about the main character and the people around them ex. Colleagues?

What micro-actions would you like to do more often in your everyday life?

What micro-actions would you like to focus more on in your communities?

What do you need from your surroundings or society to thrive better?

