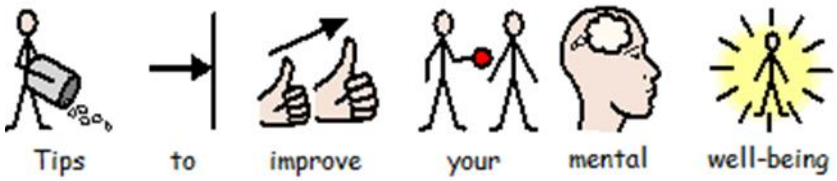
Leading tips to improve your mental wellbeing now and always



Right now, we all need good mental health and wellbeing. Keeping in touch with our mental health and working on our wellbeing will help us all get through the difficult days ahead. Here are six areas of life where simple changes can make a big difference.

Why not start today?

What is good mental health?

Looking after your mental health is not something you should only do if you are struggling, feeling low, anxious or stressed. It's something you should think about all the time and continually invest in, just like your physical health.

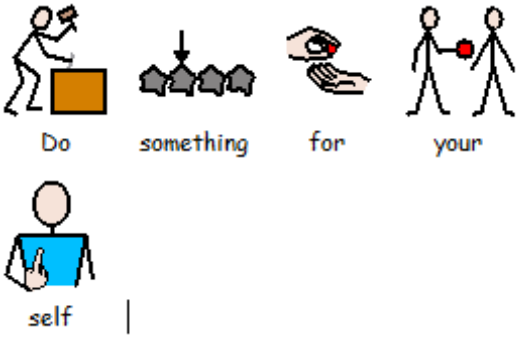
If you would like to sleep better, feel better, enjoy your relationships better and do more of the things you want to do then working on our mental health *will* help you. You *do not* need to wait until you are struggling.

Give it a go, start now.

There are lots of things you can do- make a start now with these six leading tips.

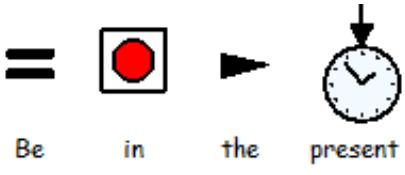
1. Do something for yourself

Nourish yourself then you have the energy to give to others. Walking in nature is calming and energy giving. Spend time enjoying your favourite hobby. Simply take time to relax. It is essential to do things that make you happy.



2. Be in the present

Take time to be aware of yourself, right now in the present moment, notice your thoughts, your feelings, your breathing and the world around you. Be more



mindful; try a simple breathing meditation; it can help you feel calm. Here is a couple to try.

https://www.youtube.com/watch?v=SEfs5TJZ6Nk

https://www.youtube.com/watch?v=rOne1P0TKL8

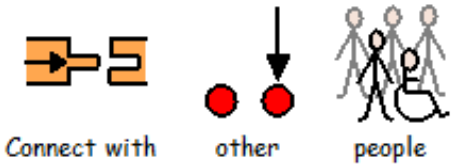
https://www.youtube.com/watch?v=wfDTp2GogaQ

3. Reframe unhelpful thoughts

The way we think, the way we feel and ultimately, the way we behave are all linked. We can develop patterns of thoughts or behaviours that are unhelpful to us. If we can catch them, think about them differently, you can improve your mental health and your wellbeing.

It takes a bit of practice and starting when you have some time to yourself helps all you need to remember is catch, check and change. Try it; it may not work the first time, but after a little practice it will – you can do it.

4. Connect with others

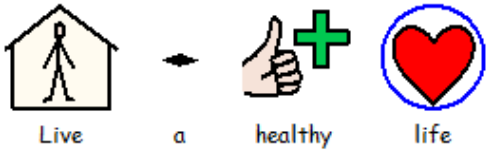


Helping other people can help you stop feeling lonely, it can help you feel good about yourself, and it can improve your mental health and wellbeing.

Spending quality time with your friends or family, talking to someone who is proven to be trustworthy about how we are feeling can help too. This can by phone or seeing someone in person be very careful if you choose to use online options.

Make time to connect even if you do not feel like engaging with other people when you are low or anxious; social contact can help your mental health.

5. Live a healthy life



Your physical health impacts your mental health. Being active (walking for 20 minutes a day is all it takes), enjoying the outdoors and having a healthy, balanced diet helps you to feel better. Feeling better helps you manage your mental health challenges.

Cutting out, or at least, cutting down smoking, how much alcohol you drink, and how much caffeine you have can have a positive effect on our mood.

6. Sleep well

Follow tips one to five, and your sleep quality will improve. Good-quality sleep makes a big difference in how we feel mentally and physically, and it is necessary to get enough uninterrupted sleep.

This short video could help you: https://www.youtube.com/watch?v=3eLfn7Ewx_s