

Top tips to improve your mental wellbeing

There are little things we can all do to take care of our mental wellbeing.

Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – try the following ideas to see what could help improve your mental health:

1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend in a similar situation?

2. Focus on now

Take time to focus on the present rather than worry about the past or the future. For a few moments of calm, just sit and focus on your breathing and surroundings.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.

If you or someone you trust has a smart phone or computer and can access the internet, you can find more tips and information on caring for your mental health and find what works for you. You can also get access to the internet at most local libraries.

Visit: **www.nhs.uk/every-mind-matters**

Better Health – Every Mind Matters

Information from the NHS.