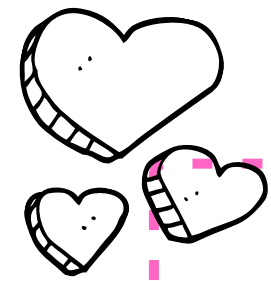


"Every day begins with an act of
courage and hope: getting out of bed."
- Mason Cooley



This fact sheet includes a number of suggestions on
ways you can care for your mental health.
We all have a unique set of needs and tastes, so see
which suggestions work for you and help improve
your mental health and wellbeing.

Breathe

Your breathing sends signals to your brain and
nervous system about whether it's safe to
relax or if you need to watch out for danger.
When you breathe slowly and deeply through
your nose, this tells your body that everything
is ok and can help slow down racing thoughts
and soothe stress or panic.

Get support

Having people to talk to is a very important
way of taking care of your mental health. As
social beings, we need a strong social support
system to feel safe, connected and nurtured.
Find people you trust to open up to about your
thoughts and feelings, such as a good friend, a
family member or a therapist.

Have Fun

Doing activities you enjoy, spending time with
friends and family and having a good laugh can
do wonders for your mental health.
There are many healthy ways you can have fun
and enjoy your time. Explore a hobby, meet new
people or go out somewhere exciting to
increase your sense of joy and wellbeing.

Exercise

Exercising is a healthy way to release stress
and increase feel-good hormones. Regular
exercise is also great for your physical health,
which benefits your mental health too.
There are many ways you can exercise - you
can find work-outs on YouTube, play sports
with friends or go for a walk to the park.

Connect with Nature

Spending time in nature has been scientifically
proven to improve people's mood.
Fresh air, sunshine, beautiful landscapes and the
smell of plants and flowers are wonderful
experiences for your senses that can really
lift your spirits and help you feel connected to
the wonderful world around you.

Relax

Dedicating time for rest and relaxation is
important for your mental health.
Find an activity that makes you feel calm and
relaxed, such as reading a book, listening to
music, taking a bath or having a massage.
Making sure you get at least 6 - 8 hours sleep
each night can also greatly improve your mood.

Eat Well

Eating well can mean different things for
different people. Find out what suits your body
and makes you feel more vibrant and healthy.
Scientists have found a strong link between gut
health and mental wellbeing, so take care of
your gut by staying hydrated and eating healthy
fibre such as fruit, veg and wholegrains.

Meditate

Meditation is a practice of focusing your mind
to cultivate self-awareness and mental clarity.
Studies show that meditating is very effective
at reducing stress and improving mental health.
There are many different ways to meditate,
but the simplest way is to sit somewhere quiet
and comfortable and focus on breathing deeply.

Be Creative

Engaging in creative activities is a fantastic way
to have fun, express yourself and increase
your sense of mental wellbeing.
Writing poems and songs helps you express and
process your feelings; painting or drawing help
you relax and be present; dancing releases
tension and increases feel-good hormones.



Caring for your mental health can take work - but you're worth it!
Just like how our bodies need to be cared for, so do our minds. Knowing what you need and being able to
care for your mental health and wellbeing can make a huge difference to your overall quality of life.

