



## 5 GREAT Ways to mental wellbeing

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Give something back

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Helping others is not just a good thing to do but it also helps to improve your mental health. So **doing good** actually does you good!

Almost 9 out of 10 people (87%) say they feel good when they carry out an act of kindness for someone.

The good news is it doesn't have to be something big or cost any money.

Giving up some of your spare time listening to a friend or even **volunteering** in your local neighbourhood will strengthen your friendships and build new ones.

Today, you could:

- Say thank you to someone, for something they've done for you.
- Phone someone in your family or a friend who needs support or company.
- Ask someone you know how they are and really listen to their answer.
- Offer to lend a hand if you see someone struggling with bags or a pushchair.

**Taken from NHS Choices**

**Relate**

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**Relationships** are really important in helping to keep your mental health well.

The things that are happening in your personal life with your **family** and friends are usually those that affect us the most.

### **Build relationships for wellbeing**

Building relationships for wellbeing means:

- strengthening your relationships with people who are close to you, such as family and friends
- broadening your relationships in your local area and the wider world

There are many ways to build stronger and closer relationships:

- Make time each day to spend with your family. This might include “family time” that is fixed each day, or time that you find around other commitments.
- Arrange a day out with friends you haven’t seen for a while.
- Switch off the TV tonight and play a game with your family, or just talk to them.
- Speak to someone new today.
- Have lunch with someone you know.
- Visit a friend or family member who needs your support or company.
- Volunteer at a local school, hospital or community group. This is also a way of giving your time to help others.

**Information taken from NHS Choices**

## **Exercise**

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**Physical activity** helps to build strong muscles and healthy bones, as well as to improve self-confidence.

Remember, doing any physical activity is better than vegging in front of the telly. You'll burn more energy this way so it is then OK to eat the odd treat such as a bag of crisps or ice cream.

Exercise releases chemicals in your brain that make you feel good and will boost **self esteem**, help concentration and sleep.

**Recommended exercise** for adults is a minimum 30 minutes of moderate exercise 5 days a week and for anyone under the age of 18 years is 60 minutes every day.

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**Appreciate your world**



We all live very busy lives and we forget to stop from time to time and take notice of what is going on around us. Taking notice is sometimes called **mindfulness** and you can take steps to develop it in your own life. **Being aware of the world around us** and of other people can help improve your mental health. It also helps us to get in tune with how we are **feeling** inside. Being in touch with your feelings stops us dwelling on the past or worrying about the future so we get more out of each day.

Why not take a minute, slow down have a look at your surroundings. Notice how other people are getting on and how you yourself are feeling.

Be thankful for all the good things in your life and listen to those people who have needs and do what you can to help.

**Try something new**

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We all have things that we would like to try out or get involved with but quite often doing something new feels a bit scary and uncomfortable. By pushing ourselves a little bit and trying something new we step out of our comfort zone and this can be a very satisfying feeling. Doing something new can boost confidence and **self esteem** and give us a sense of achievement. We can share a skill with friends, join a club, and learn to play a new sport. Think about other new things you would like to try and have a go at.

Trying out new stuff helps us to stay curious plus it can be a lot of fun.