



IMPROVING YOUR MENTAL WELLBEING



According to NHS research, evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life:

1. CONNECT WITH OTHER PEOPLE



Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences, provide emotional support and allow you to support others. There are lots of things you could try to help build stronger and closer relationships, like arranging a day out with friends you have not seen for a while. When you are unable to meet up face to face, make the most of technology to stay in touch with others.

2. BE PHYSICALLY ACTIVE



Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by: [raising your self-esteem](#), helping you to set goals or challenges and achieve them, causing chemical changes in your brain which can help to positively change your mood. [Find out more about getting active](#) by clicking the links and find [free activities to help you get fit](#).

3. LEARN NEW SKILLS



Research shows that learning new skills can also improve your mental wellbeing by: boosting self-confidence and [raising self-esteem](#), helping you to build a sense of purpose and helping you to connect with others. Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life. Some of the things you could try include:

- volunteering at a local school, hospital or community group. [Find out how to volunteer](#) on the GOV.UK website. This may be restricted by COVID but there may still be places allowing volunteers.
- try learning to cook something new. Find out about [healthy eating and cooking tips](#)
- try taking on a new interest at school, like a sporting activity or club.

4. GIVE TO OTHERS



Research suggests that acts of giving and kindness can help improve your mental wellbeing by: creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people. It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

5. PAY ATTENTION TO THE PRESENT MOMENT (MINDFULNESS)



Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.



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Check out this alphabet guide to wellbeing from @journey_to_wellness on Instagram

THE JOURNEY TO WELLNESS ALPHABET guide to WELLBEING!

ANXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.

BREATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.

CALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.

DISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPFUL THOUGHTS & BEHAVIOURS.

EAT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.

FRIENDS & FAMILY. SURROUND YOURSELF WITH SUPPORT & PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS.

GROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.

HEALTHY HABITS. CREATE POSITIVE DAILY RITUALS OF SELF-CARE.

INNER CRITIC. GET TO KNOW YOURS & LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.

JOURNAL. WRITE OUT YOUR FEELINGS, THOUGHTS, FEARS, GOALS & DREAMS TO HELP YOU PROCESS THEM.

KEEP CLEAR BOUNDARIES FOR YOURSELF & OTHERS. IT'S OKAY TO SAY 'NO'.

LAUGH. FIND TIME FOR FUN. LET YOUR HAIR DOWN. KEEP IT LIGHT & FIND THE HUMOUR IN LIFE.

MINDFULNESS. OBSERVE YOUR THOUGHTS & EMOTIONS WITHOUT JUDGEMENT. BE PRESENT.

NAME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT JUDGEMENT.

OBSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.

PLAN & PRIORITIZE. KEEP LISTS OR SCHEDULES & DON'T OVERLOAD YOURSELF. BOOK-IN DOWN TIME & SELF-CARE.

QUIET. GIVE YOUR MIND & SENSES A BREAK. TURN OFF & TUNE OUT.

REST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.

SLEEP. IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT. PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.

TECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.

UNIQUE. YOU ARE THE BEST AT BEING YOU. TRY NOT TO COMPARE YOURSELF WITH OTHERS.

VALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.

WATER. MAKE SURE YOU ARE DRINKING ENOUGH WATER EACH DAY - NOT JUST IN COFFEES!

XAMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!

YOGA. TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.

ZERO TOLERANCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.