

Improve your mental health and wellbeing - stress less!

10 tips to help you stay mentally healthy.

### Reach out and help others

Connect with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Put time, effort and energy into building strong relationships and reap the great rewards.

### See the funny side of life

Laughter is a wonderful medicine. Life isn't all work and no play. We get stuck in patterns and sometimes need to break out and ask ourselves – when did I last have a good laugh?

### Learn something new

Learn a new skill or take on a challenge to meet a goal. Whether at work or at play, there is always so much more to learn. The process of learning improves your mental fitness and what you learn makes you a better person with more to offer yourself and those around you. Learning is achieving and with it comes a great sense of accomplishment.

### Be a friend

Your friends are your friends because you enjoy shared interests. They care for you. So spend time doing the things you do so well with them.

### Have an early night

When your car runs low on fuel – you fill it up. When you run low on fuel make sure you do the same. Sleep is a great reviver. Late nights drain the energy reserves. Top up whenever you can.

### Organise your day

Being disorganised can build stress and anxiety. You may be able to avoid some of the triggers and learn to prepare for or manage others. A balanced, organised lifestyle can help you manage stress better. Take time to organise and plan your life and avoid being constantly on the treadmill.

### Go for a walk

There is no better medicine than exercise. And it is not always easy to put on the joggers and head out for a walk. It takes an effort sometimes. But once you have made that effort, the reward is huge. Exercise clears your head and places you outside the environment that is causing you concern. And it's good for mind and body.

### Eat healthy

Rest and exercise have limited use if you aren't eating well. We all know what is right and wrong to eat. Rushing around nearly always means taking the wrong food options; why else is it called 'fast food'? Take time to plan your diet, and cook meals that are nutritious and full of energy. The whole process of planning and cooking is therapeutic – and that's even before you get to eat it!

### Take time out

Allow yourself some unfocused time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It's OK to add 'do nothing' to your to-do list! You deserve some time to yourself.



### Ask for some help

This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor or community mental health service. The perfect, worry-free life does not exist. Everyone's life journey has bumpy bits and the people around you can help. If you don't get the help you need first off, keep asking until you do.