



# 10 Ways to Improve Mental Health

Looking after our mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's something we should prioritise daily, so that we're more able to cope when things do get tough.

## Be Mindful

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings and the world around us, we can gain a better perspective. This could mean doing things like breathing exercises or meditation.

## Write a Letter to Your Future Self

Think about what you would want to tell yourself if things got harder. If you face difficult times in the future, you could open the letter to remind yourself of the things that help you to feel positive.

## Connect with Others

Reach out to friends and family or speak to someone you wouldn't normally talk to. Talking to someone about how you are feeling or finding ways to help others can stop you from feeling lonely and improve your mental wellbeing.

## Try Something New

Empower yourself by trying something new. Take up an activity that you haven't tried before, for example, drawing, baking or even reading a book or watching a film from a genre that you wouldn't normally choose.

## Get Enough Sleep

Getting the right amount of sleep is crucial for physical and mental wellbeing. Try to go to bed and wake up at consistent times. Make sure your bedroom is free from clutter and distractions. When you go to bed, turn off any devices.

## Think Positively

Sometimes we develop patterns of thoughts or behaviours that are unhelpful; recognising these and taking steps to think about things differently can improve your mental health and wellbeing.

## Stay Active

Being active, enjoying the outdoors and having a balanced, nutritious diet will benefit your physical health as well as improve your mental wellbeing.

## Take Time Out for Your Own Wellbeing

A five-minute break can be the difference between feeling stressed and coping with stress. Reach out, talk to others and find activities to improve mental health.

## Do Something You Love to Reduce Stress

Taking part in an activity you enjoy can help boost self-esteem, ease stress and improve your mental health.

## Reduce Screen Time

Set limits on your phone to reduce the amount of time spent on social media. Write a letter, make a phone call or go round to a friend's house instead of texting. If you are reading a book, put your phone on the other side of the room so you don't get distracted.