

# Ways To Look After Your Mental Health

It's important to take care of yourself and get the most from life. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time.



Below are 10 practical ways to look after your mental health. Anyone can follow this advice. Why not start today?



1

## Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!



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## Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.



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## Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.



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## Take a break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

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## Drink sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body.

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## Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.

If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

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## Care for others

Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.'

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

80  
percent

## Of people with hobbies

are less likely to suffer from stress, low mood, and depression. What do you love doing? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9



## Talk about your feelings

Talking can be a way to cope with a problem you've been carrying around in your head for a while.

Just being listened to can help you feel supported and less alone. And it works both ways. If you open up, it might encourage others to do the same.

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## Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.

Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.