



How To Look After Your Mental Health

1.

Connect With
Other People

2.

Be Physically
Active

3.

Mindfulness



1. Connect With Other People

Good relationships play an important role in our lives and contribute positively to our mental wellbeing. Our connections with people can change every day, which can affect our mood. This is why they should be well looked after.

Good relationships 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



How to Connect with other people

- **Find a common ground-** Pick out things that someone says during a casual conversation that you relate to. This makes it easier to bond and build a connection when you start to have conversations.
- **Give people compliments-** Find something about someone that you find admirable, it can make them feel good about themselves.
- **Make other people feel comfortable-** Building connections relies a lot on people feeling comfortable with each other. Welcoming body language, smiling and tone of voice can help people to feel at ease in your presence.



2. Be Physically Active

**Being active improves 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
- As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body



Get Physically Active

- **Start back an old sport-** Think back to your childhood or old sports you would play at school if you enjoyed any maybe try them again?
- **Mind over matter-** maybe you have always wanted to join a sport/ gym but never had the courage. Now is your chance! Not all gyms are the same, try a few out to see what one suits you best.
- **Set some goals-** Your starting goal might be as simple as going on two walks a week. Try setting yourself a goal for the week and stick to it!



3.

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 of the present moment.

Mindfulness can help you enjoy life more, and help you understand yourself better. It can positively change the way you feel and how you approach challenges. When you find yourself stuck in a loop, try becoming more aware of your surroundings, this allows us to experience new things that we may have taken for granted.



How to increase your Mindfulness

- **Pay more attention-** In important situations pay more attention to detail, for example, how did someone feel in the conversation and what do they want out of it, that you can help with.
- **Slow down-** Deliberate and thoughtful attention to daily actions promotes healthy focus and can keep you from feeling overwhelmed.
- **Eat Mindfully-** Eat your meal without a computer in front of you, enjoy what you have made, and appreciate the little things like lunch with a friend or a nutritious meal.