

GETTING CLOSE TO NATURE CAN HAVE A CALMING EFFECT ON US

Try tuning your senses to what's around you – the trees, plants, birds and animals, for instance, and water such as ponds or the seashore.

Take a deep breath and see how you feel.

**EVERYONE DESERVES
GOOD MENTAL HEALTH**

Get advice, information and resources to look after your mental health and join our movement at mentalhealth.org.uk



GETTING MORE FROM YOUR SLEEP CAN SUPPORT YOUR MENTAL HEALTH

Sleep and mental health are closely related: living with a mental health condition can affect your sleep, and poor sleep can affect your mental health.

Things like a regular relaxing routine, a restful environment and avoiding screens can all help.

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EATING HEALTHY FOOD IS GOOD FOR YOUR BODY AND YOUR MIND

Food and drink affect our bodies, brains and mood – for good or bad. How we eat is important too, having meals with other people can help to grow relationships.

A balanced diet with lots of vegetables and fruit is essential for good physical and mental health.



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BE KIND AND HELP CREATE A BETTER WORLD

Research shows that being kind is good for everyone. It can boost our mood, help us feel more capable, strengthen our connections with others and even make us cope better with stress.

Small but meaningful acts of kindness, such as a smile or a few kind words, could make someone's day but also make you feel better for it.



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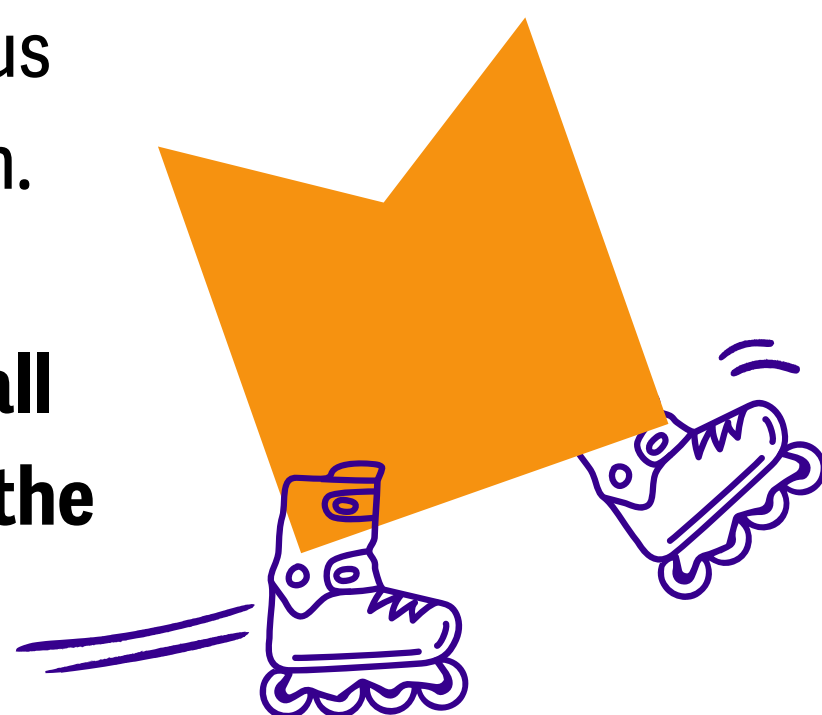


MOVING OUR BODIES CAN IMPROVE OUR MENTAL AND PHYSICAL HEALTH



Our bodies and our minds are connected, so looking after ourselves physically helps us prevent problems with our mental health.

From walking to dancing, and basketball to the gym, the best exercise is simply the one we enjoy.



EVERYONE DESERVES GOOD MENTAL HEALTH

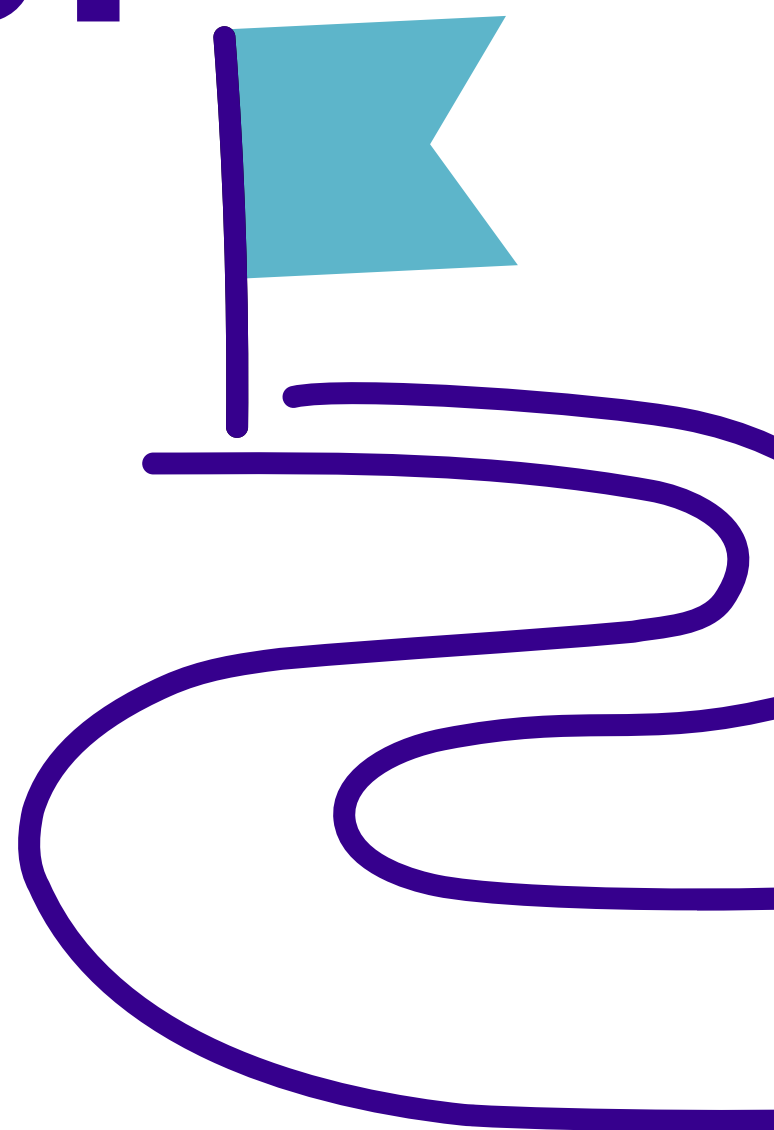
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BE CURIOUS AND OPEN-MINDED TO GET A MENTAL HEALTH BOOST

Life can feel more interesting, lively and rewarding when we are open to trying new experiences and experimenting with how we do things.

We might find a new place that it turns out we love, discover a talent we didn't know we had or meet someone new and important.



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PLAN THINGS TO LOOK FORWARD TO AND FEEL THE BENEFIT

Things to look forward to, including fun activities, can help us cope with difficult situations.

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health.

Whether it's something small or big, the important thing is to plan it.



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LEARN TO UNDERSTAND AND MANAGE YOUR FEELINGS

Many of us will know when we're upset but not be sure what we're feeling. Is it sadness, fear, shame, loneliness, anger or something else? We don't always know why we're feeling that way.

It helps to give our feelings our attention without judging them. Being patient with ourselves will also help.



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TALK TO SOMEONE YOU TRUST FOR SUPPORT

Many of us have learned to bottle things up inside us and try to ignore painful feelings, but just talking things through with a person we trust can help and feel like a relief.

Use your own words. It'll make you feel safer and less alone, and that will help protect your mental health and prevent problems.

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BE AWARE OF USING DRUGS AND ALCOHOL TO COPE

Many of us sometimes use drink or drugs to block out “difficult” feelings such as sadness, fear or shame.

Unfortunately, they don’t stop the feelings from returning and may make things worse.

Look for other ways of coping with painful feelings, like getting help with the situation causing them, if possible, and finding a trusted person to talk with.



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