How to improve your mental wellbeing
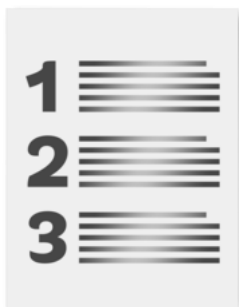
What is mental wellbeing?

Your mental wellbeing can be how you feel about:
- yourself
- your life
- what you feel you can do.

Good mental wellbeing helps you to cope with the things that happen in your life.

Tips for better mental wellbeing

There are lots of things you can do to make your mental wellbeing better.

Only try the things that you feel comfortable with and that you think might help you.

To start, choose 1 or 2 things which you think you will be able to do.

Then choose something else you want to try.

When you try something, wait and see if it helps you. Some people will want to wait longer than other people before trying something else.

1. Relax and lower your stress

Try to find time every day to do something which you find relaxing.

For example have a bath, or go for a walk.

If you feel anxious about something, stop what you are doing and go somewhere else for a few minutes. This can help you to feel better.

You might want to go for a walk, or listen to some music.

Do something you like doing.

For example, cook a meal or phone a friend.

Try not to get very stressed.

Try mindfulness.

Mindfulness is when you only think about what is happening now.

People sometimes use breathing exercises or do yoga to help them to be mindful.

Take breaks from your computer, phone and TV.

2. Learn new things and be creative

Try something creative. For example, play an instrument, draw or bake.

Enjoy what you are doing and do not worry about how good you are at doing it!

Join a class or a group to learn something new with other people.

If you cannot find a class or group you can go to, try learning something online.

Make something.

3. Spend time in nature

Look at nature outdoors. For example, look at flowers or trees, or listen to the birds.

Look at nature indoors. For example, buy a plant which you can keep indoors and watch it grow.

Or collect some leaves or feathers when you are outdoors and put them around your house or flat.

Spend time with animals.

Try being mindful when you are in nature. Think about what you can see, hear, touch, taste and smell.

4. Be in contact with other people

Talk to someone you trust about how you are feeling.

Talk to people who are feeling the same feelings as you.

Try some voluntary work.

5. Look after your body

Drink enough water.

Try to eat healthily.

Look after yourself:
- Have a bath, a shower or a wash
- Clean your teeth
- Brush your hair

Try not to drink alcohol or use drugs in the wrong way.

Try to do some exercise you enjoy each day.

6. Get enough sleep

Try to go to bed at the same time each night.

Have a break from your computer or phone before you go to bed.

Do something relaxing before you go to bed. For example, have a bath, or do a relaxation exercise.

Make sure the place where you sleep is comfortable.

If you need some help with your mental wellbeing you could speak to:

Mind
Telephone: 0300 123 3393
Email: info@mind.org.uk

Samaritans
Telephone: 116 123
Email: jo@samaritans.org

Mencap

For England:
Telephone: 0808 808 1111
Email: helpline@mencap.org.uk

For Wales:
Telephone: 0808 8000 300
Email: helpline.wales@mencap.org.uk