



## WAYS TO IMPROVE YOUR WELLBEING

### Connect

Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Remember, these people do care about you and want the best for you, and are always there if you need them.

### Be active

You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Even going for a short walk a day can help, even if it's just a chance for you to have time to yourself to listen to music.

### Keep curious

Learning new skills can give you a sense of achievement and a new confidence. This doesn't need to be anything massive, but it can provide a distraction and sense of interest. This can give purpose and meaning to your day which makes you look forward to it!

### Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering in somewhere like a charity shop, can improve your mental wellbeing and help you build new networks. The more you give, the better you feel!

### Be mindful

Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness mindfulness. It can positively change the way you feel about life and how you approach challenges.



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## Sleep

Less tired minds think more rationally and improve mood. However, it is also important not to over-sleep as this can cause mood to decrease.

Around 8-9 hours is perfect!

## Nutrition

Healthy eating can improve overall mood. Eating wholegrain and fruit and veg is great, as it contains vital minerals and sugar is absorbed slower, reducing mood swings. Sugary foods give an initial "high" because sugar is absorbed faster, but this then wears off faster leaving you tired and low.

Sugary foods in proportion is OK - just have a balance between healthy and 'treats'!

## Water

Water is proven to reduce tiredness and improve mood. It helps the body function more efficiently - the more water you drink, the more toxins are flushed away; reducing risk of dehydration. This affects mood and ability to think. Drinking plenty of water will also help reduce headaches and migraines.

## Exercise

Exercise is important as it keeps your heart and body healthy. Team sports or group activities can be a great way of socialising as well as maintaining health. You don't need to do a hard-core workout daily, but something small as a walk can help your mental health as it clears your head and provides an immediate distraction if needed.

## Motivation

Find things that motivate you - this can be anything from Tumblr to any rolemodels you have. Even reading success stories of other challenges people have overcome can provide inspiration. At the end of the day, if you are motivated, what you can achieve is endless.

## Set Goals

Make lists of what you need/want to achieve and take these one at a time; breaking down what you need to achieve without letting any panic that you may feel take over. Remember, change cannot occur overnight; the harder you work at something, the more you will see results

