

HOW TO SUPPORT YOUR MENTAL HEALTH THROUGH YOUR DAILY ROUTINE



EAT WELL

Food and drink affect our body, brain and mood - for good or bad. A balanced diet is important for good physical and mental health.



DO SOMETHING YOU ENJOY

Plan activities which are pleasurable and give you a sense of achievement. Do an activity you're good at to improve your mood, enjoying yourself can help beat stress.



KEEP MOVING

Exercise releases endorphins, the 'feel good hormones' and this can help improve self-esteem, mood and even sleep quality. It can also help to reduce stress and anxiety.



ACTS OF KINDNESS

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



TAKE A BREAK

Taking a break is good for us. A change of scene or a change of pace can be good for your mental health. Schedule in some "me" time.



SLEEP ROUTINE

Anyone who has struggled with sleep will know what a difference it makes to our bodies, minds and ability to cope with life. Create a relaxing bedtime routine. Avoid screens, alcohol and caffeine before bed. Go to bed and get up at around the same time every day.



TALK ABOUT YOUR FEELINGS

It can take a lot of courage to ask for help or tell someone else about how we're really feeling. Talking things through with a person we trust can help and feel like a relief.