

Quick tips on mental wellbeing

Do what works for you

Go at your own pace. Remember that good days for your wellbeing won't always look the same. Think about things you enjoy or find relaxing and then try to find ways to fit them into your day.

Focus on the present

Paying attention to the present moment can be helpful. Try to name things you can see, hear, smell, taste or touch.

Make a self-care kit

It may help to put together some things that normally comfort you or help you relax when you're struggling. This could be things like photos, music or blankets.

Spend time in nature

Spending time in nature can help improve your mood or reduce stress. You can also find ways to bring nature into your home.

Take care online

It could help to take breaks from being online. Or changing the accounts you follow or websites you visit.

Find ways to learn and be creative

Learning something new can be enjoyable and can boost your confidence. And being creative can help you relax or express yourself.

Connect with others

Talking to someone you trust can help you feel listened to and supported. Or you could find ways to connect with people who've had similar experiences.

Find ways to make a difference

Doing things for others can have a positive effect on our wellbeing. You could find small ways to support a cause that's important to you or to help people around you.

Look after your physical health

Things like eating well, improving your sleep and keeping active can make a big difference to your wellbeing.

For more information visit [mind.org.uk/wellbeing](https://www.mind.org.uk/wellbeing)