

How to Improve Your Mental Health

www.elament.org.uk

It is important to take care of yourself and get the most from life. Here are 10 practical suggestions on how to look after your mental health.

1. Talk about your feelings

Sometimes we can feel isolated and overwhelmed by our problems – it can help to share those feelings with others.

2. Keep Active

Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better and give you more energy. Try to include enjoyable physical activity in your day.



3. Eat Well

Food can have a long-lasting effect on your mental health. Your brain needs a mix of nutrients to stay healthy and function well.

A diet that is good for your physical health is also good for your mental health.



4. Drink Sensibly

Drinking is not a good way to manage difficult feelings. Some people drink to deal with fear or loneliness, but the effect is only temporary. It is best to drink in moderation and avoid binges.



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eLanarkshire Mental Health Resources

www.elament.org.uk

The first stop for online mental health information in Lanarkshire

Mental Health Foundation

5. Keep in Touch

Strong family ties and supportive friends can help you deal with the stresses of life and make you feel included and cared for. Be there for your friends and they will be there for you.



6. Ask for help

We all get tired or overwhelmed by how we feel sometimes or when things go wrong. If you can't cope, ask for help. This can be from friends, family or others.



7. Take a Break

A change of scene or pace is good for your mental health. Try and make time to relax. Do what you find enjoyable and relaxing.

8. Do something you are good at

Enjoying yourself helps beat stress. Do an activity you enjoy. Achieving boosts your self-esteem.

9. Accept who you are

We are all different. Our beliefs, culture, religion, sexuality and background make us who we are. Good self-esteem helps you cope when life takes a difficult turn. Be proud of who you are.

10. Care for others

Caring for others is often an important part of keeping up relationships with people close to you. It can bring you closer together.

Website

Visit the Well Connected section on www.element.org.uk to find out about local opportunities for improving your wellbeing.



Telephone

Breathing Space: 0800 83 85 87

Samaritans: 116 123

Well Informed (North Lanarkshire):
0800 073 0918

South Lanarkshire Infoline: 0330 3000 133

Childline: 0800 1111

Parent Line: 0808 800 2222

National Debt Line: 0808 808 4000

Healthy Reading



Free resources to help improve you and your family's mental health and wellbeing are available from your local Lanarkshire library.