positive steps for your mental health
Positive steps for your mental health

Changes, feeling stressed, anxious, confused, worried or even afraid?

Life can get difficult sometimes whatever your age, sex or culture. Things happen which we cannot foresee or we may find hard to deal with. It is understandable to feel low when we are trying to cope with new or difficult circumstances such as:

- bereavement
- having a baby
- unemployment / redundancy
- examinations
- relationships
- moving / relocation
- job change
- retirement
- money issues
- long-term illness or disability

These feelings are a reasonable response and may get better without the need for any outside help.

Sometimes the stresses and strains of daily life can make you feel down and depressed for no obvious reason. As long as these feelings don’t last too long or happen often, they are perfectly normal.
Positive steps that may help

There are some simple things that may make you feel better...

- **be kind to yourself** - don’t be too hard on yourself
- **prioritise** - make a list in order of importance
- **if possible look on the bright side** - it may not be as bad as you think
- **maintain a healthy balanced diet** - eat some fresh fruit and vegetables
- **enjoy some physical activity** - try walking more, swimming, cycling, dancing or join a team sport or a local exercise class
- **learn a new skill or try a creative hobby** - music, painting, gardening
- **set realistic goals** - some things can wait
- **try to see the funny side where possible** - laughing eases tension
- **keep your mind busy** - read a good book
- **make a little time for yourself each day** - even if it is only an hour
- **learn to relax** - take a long hot soak in the bath
take one day at a time - tomorrow is another day
take time to reflect - meditation or prayer may help
keep in touch with friends and family - they can give support
talk about things - don’t feel isolated, share your difficulties & feelings
don’t be afraid to ask for help - everyone needs help from time to time
remember you are not the only one - other people have been through similar changes in their lives, there could be a local support group

If you are finding it hard to help yourself why not get help and support from a friend or family.

However, if you have been feeling:
- uninterested in the things you usually enjoy doing
- unable to eat, sleep or concentrate
- worthless or hopeless
- tired & irritable
- very low
- suicidal

then you need to seek further help from your doctor.
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For more help and information:

NHS Choices
www.nhs.uk/Livewell

Mind Info Line
www.mind.org.uk
Tel: 0300 123 3393

Relate:
The relationship people
www.relate.org.uk
Tel: 0300 100 1234

The Samaritans
www.samaritans.org
Tel: 08457 90 90 90

Youth Access
www.youthaccess.org.uk
Tel: 0208 772 9900

Citizens Advice Bureau
To find your local bureau check website
www.citizensadvice.org.uk
Tel: your local phone book

Depression Alliance
www.depressionalliance.org
Tel: 0845 123 23 20
make time for yourself

HP-publications
creative publications for health promotion

www.hp-publications.co.uk
Tel: 01908 713713 - 2015
have a healthy diet
be kind to yourself
take a day at a time
goals