

# SUPPORTING YOUR MENTAL WELLBEING



Useful tips to support your wellbeing

## Spend time outside

Spending just 10 minutes outside can improve your mood and increase your serotonin and vitamin D levels

Sit in your garden or any outdoor space and just be or read a book



## Keep active

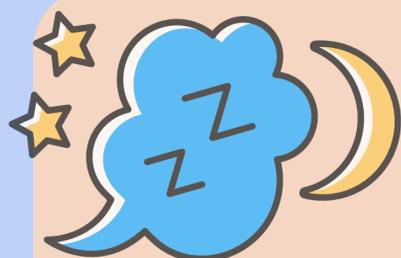
Whether it's playing sports, going for a run, walk, swim, bike ride, yoga or helping in the garden it's great for our mental health to stay active



## Stay connected

It's important to keep in touch with friends and family to help with any stresses of the day, feel cared for and less isolated

Arrange to meet up in person if possible but video chats and regular check ins can help you feel connected



## Have a night time routine

Try to go to bed and get up at the same time every day where possible

Avoid any food, drink and screen use at least an hour before sleep

Read a book or meditate to relax

Keep your room cool and comfortable for a good night's rest to allow your mind and body to reset

## Plan activities

To help keep you motivated, make a plan of activities you would like to do during school/college holidays

These don't have to cost, it could be a photography walk, arts and crafts, movie or game nights or making recipes with your family using leftovers!



## Volunteer\*

A great way to keep busy and is very rewarding. You could support your local community, small businesses or charities.

This could be in a charity shop, community gardens, fruit or litter picking and local events



\*Check age restrictions and where parental consent is needed for under 16s

## Eat well and drink water

Having a balanced diet can improve your sense of wellbeing and your mood  
Drinking water throughout the day can reduce stress, anxiety as well as support with brain and organ function and maintain your body temperature

