

TOP TEN WELLBEING TIPS

Having difficulties with your emotional wellbeing can make you feel helpless, but you're not! There's a lot you can do on your own to change that. Changing your behaviour -- your physical activity, lifestyle, and even your way of thinking are all ways you can improve your mental health.

These tips can help you feel better -- starting right now.

ROUTINE

If you're feeling low, a routine can help and setting a gentle daily schedule can help you get back on track. Consider using a timetabling app, such as Class Timetable, to help you get back on track.



SET GOALS

When you're down, it can sometimes feel like you can't accomplish anything. To push back, set daily goals for yourself. Start very small, make your goal something that you can succeed at and as you start to feel better, you can add more challenging daily goals.

EXERCISE

Exercise has positive benefits on for peoples' mental health in the short-term and long term. It temporarily boosts feel-good chemicals called endorphins and it encourages the brain to rewire itself in positive ways. How much exercise do you need? You don't need to run marathons to get a benefit. Just walking or running a few times a week can help.



EAT HEALTHY

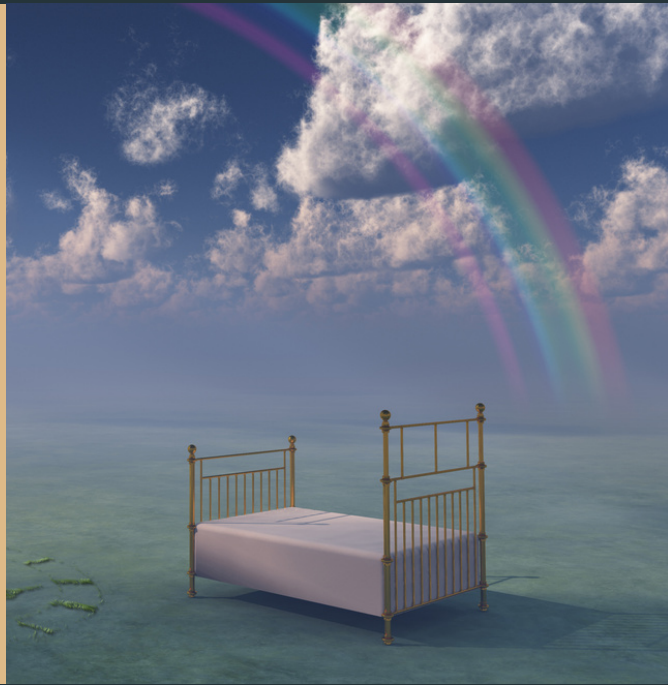
There is no magic diet that fixes low mood. It's a good idea to watch what you eat, though, as our moods can impact our eating habits and getting in control will help you to feel better. Although nothing is definitive, there's evidence that foods with omega-3 fatty acids (such as salmon and tuna) and folic acid (such as spinach and avocado) could help improve low moods.

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SLEEP

Difficulties with your mood can make it hard to get enough shut-eye, but there are things you can do to make it easier. Try going to bed and getting up at the same time every day, ensuring not to nap if possible. Consider removing distractions from your bedroom such as phones, tablets, and games consoles. Try mindfulness meditation, it can be very calming before going to sleep.



RESPONSIBILITY

Having daily responsibilities can help you maintain a lifestyle that can help improve your wellbeing. Small steps will help you climb high and even minor responsibilities can help to give you a sense of accomplishment.

NO NEGATIVE

In your fight against low mood, a lot of the work is about changing how you think. The next time you're feeling low, try to use logic. Is there any real evidence for your negative thoughts? It takes practice, but in time you can beat back those negative thoughts before they get out of control.



IT'S ALL NEW

When we challenge ourselves to do something different, there are chemical changes in the brain. Trying something new alters the levels of dopamine, a chemical in the brain which is associated with pleasure, enjoyment, and learning. Push yourself to do something different. Go to a museum. Pick up a used book and read it on a park bench. Volunteer at a charity. Take a language class.

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TALK

Talking to someone can really help. Find someone you trust and talk to them about what is worrying you. It's good to talk about how you are feeling. It can really help. There's also things like Kooth online that is a good starting point too.



HAVE FUN

Try to make time for things you enjoy. As strange as it might sound, sometimes you need to work at having fun. Plan things you used to enjoy, even if they feel like a chore. Keep going to the movies. Keep going out with friends for dinner. When you're sad, you can lose the knack for enjoying life. Make time for enjoyment and, in time, things really will feel fun again.

WHAT HELPS YOU?

ROUTINE
SET GOALS
EXERCISE
EAT HEALTHY
ENOUGH SLEEP
TAKE RESPONSIBILITY
BE POSITIVE
TRY SOMETHING NEW
TALK TO SOMEONE
HAVE FUN