

# 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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## Continued...

### 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