

## **10 top tips to look after your mental wellbeing from the Mental Health Foundation (<http://www.mentalhealth.org.uk/>)**

To mark World Mental Health Day, The Mental Health Foundation produced a list of 10 top tips to remind people to look after their mental wellbeing.

1. **Eat a balanced diet and drink sensibly:** Improving your diet can protect against feelings of anxiety and depression.
2. **Maintain friendships:** Just listening and talking to friends who are feeling down can make a huge difference. So make sure you devote time to maintaining your friendships both for their sake and your own.
3. **Maintain close relationships:** Close relationships affect how we feel - so nurture them and if there is a problem within a relationship, try and resolve it.
4. **Take exercise:** The effects of exercise on mood are immediate. Whether it is a workout in the gym or a simple walk or bike ride, it can be uplifting. Exercise can also be great fun socially.
5. **Sleep:** Sleep has both physical and mental benefits. Physically it is the time when the body can renew its energy store but sleep also helps us to rebuild our mental energy.
6. **Laugh:** A good laugh does wonders for the mind and soul.
7. **Cry:** It is good to cry. Even though it may feel terrible at the time, a good cry can release pent up feelings, and people often feel better afterwards.
8. **Ask for help when you need it:** The longer you leave a problem, the worse it will get. Don't be scared to ask for help from a family member, friend or professional.
9. **Make time for you:** Do you sometimes feel like you have no time for yourself? Make time for your hobbies and interests.
10. **Remember, work isn't everything:** Ninety one million working days a year are lost to mental ill-health in the UK so take it easy.