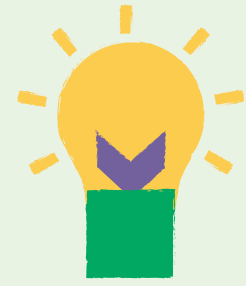# **Tips** for looking after your mental health and wellbeing

Here are some tips and resources to help you look after your mental health and wellbeing.

Keep to a routine.
Planning your day can help you feel grounded if you're feeling uncertain about the future. Try to prioritise eating well, getting plenty of sleep and exercising – taking a short walk outside at lunchtime can be a great place to start.

Make time for yourself.
It could be something creative, playing sports or taking a copy of the paper to a park for half an hour in the sun. Even stepping away and taking a five-minute break over a cup of tea can help you relax and recharge.

Pay attention to how you are feeling.
Our **self-help web app** can help you track your mood and includes practical tips and techniques to help you look after your emotional health.

Spend time outdoors.
Whatever way you can, taking some time to enjoy the outdoors can have a positive effect on your mood. **Our nature and mental health webpage has lots of tips for different ways to enjoy nature both inside and outside.**

Take a break from the news and social media.
If you find it hard to stay offline, prioritising other activities can help you switch off. Try turning off your notifications or leaving your phone in another room for a few hours. If your job involves lots of screen time, taking a break away from your devices after work might help you relax.

Talk about how you're feeling.
Talking can help put things into perspective and help us feel less isolated. It can be hard to reach out but talking to a trusted friend, colleague or family member could really help.

Try a relaxation exercise.
Sometimes something simple like **controlled breathing** can help us feel calmer. **Muscle relaxation exercises** can also help reduce feelings of stress or anxiety. If you can, find a quiet space and try out these exercises. They're easy to remember and can be used while you are out and about.

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