

TOP TIPS FOR MENTAL WELLBEING

Children's Mental Health Week 1st – 7th February 2021

The COVID-19 pandemic has been hard for everyone. Feeling a bit down right now is normal. In fact, it would be strange not to be affected by recent events.

Remember you're not alone and there is help out there. For starters, here's 5 simple things you can do to support your wellbeing.



CONNECT WITH OTHER PEOPLE

Keep in touch with friends and family, especially people who make you feel positive. Message, video or voice call them, or even go for a walk together if you can. Spending too long on your own can lead to a spiral of negative thoughts.



KEEP ACTIVE

Regular exercise is good for your body and your mind. If you can exercise outdoors in a safe environment, you will often feel even better.



EAT WELL

Eating regular, healthy meals is so important for your overall wellbeing. Taking time to prepare and eat meals, sharing them with someone else if you can, and getting a balanced diet are all linked to positive mental health.



GET A GOOD SLEEP

Don't under-estimate the importance of getting enough sleep. Sleeping might not be as fun as some of the other tips, but lack of sleep or strange patterns of waking and sleeping can actually affect your mood.



DO SOMETHING PRODUCTIVE

Find a sense of purpose for the day. It could be tidying your room, doing that piece of study, baking a cake or calling a relative. Even small achievements will make you feel good!

If you are feeling really low and none of these things make a difference, maybe it's time to talk to someone and get some support. We all need a bit of help sometimes.

Talk to a family member, your G.P, or any one of these organisations can offer support to children and young people:

Childline

0800 1111

Young Minds crisis text messenger

85258

The Mix

0808 808 4994