# Herefordshire Council

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If you need to get online, our county's libraries offer

www.herefordshire.gov.uk/health-improvement

more information on healthy lifestyles at:

You can find copies of all our leaflets, along with

Speak to your GP for more information.

or if you feel unable to cope, seek help

Struggle to cope with everyday life

Develop problems with sleeping

Lack confidence and motivation

Feel stressed and anxious

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make the most of opportunities.

just put up with. Help and support are available.

Poor mental health is not something you should

If you think your mental health is deteriorating

Have difficulties with close relationships

Start to focus on negatives and feel low

ability to manage life's problems and Our mental wellbeing is about our

**STNATROAMI TI SI YHW** 

different ways you can adopt a healthier lifestyle,

If you would like more information on the

Healthy Eating/ Healthy Weight

look out for our other leaflets:

**Drinking Alcohol Sensibly** 

**Physical Activity** 

**Quitting Smoking** 

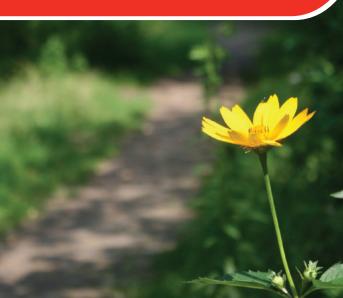
Sexual Health **Dental Health** 

free computer and internet access at most sites.

For more local information about staying healthy visit:

# **Healthy Lifestyles**





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**Principle** Mellbeing

Keywords:

- Feelings of contentment,
- enjoyment,
- confidence,
- engagement with the world,
- , məətsə-tləs •
- feeling you can do the things you want to do,
- good relationships.
- for our physical health. Good mental wellbeing is also important
- Our overall wellbeing involves both the
- body and the MIND.

# **Mental Wellbeing**



### **TIPS**

Taking control of the situation is one of the first steps to feeling better.

# **MAKE A CHANGE**

If you feel you need to improve your mental wellbeing then a great place to get some advice is the NHS Choices Moodzone website.

#### www.nhs.uk/moodzone

You will find lots of practical, useful information, interactive tools, and videos to support you on your way to feeling better.

Moodzone includes eight guides with advice for common mental wellbeing problems, including:

- Low mood and Depression
- Anxiety
- Panic attacks
- Sleep problems
- Low confidence
- Unhelpful thinking
- Practical problem solving

# **5 steps to Mental Wellbeing**

#### Be active

This doesn't have to be going to the gym. Go for a walk, cycle or play a sport which you enjoy. Aim for at least 150 minutes of physical activity each week.

### Keep learning

New skills provide a sense of achievement and improve confidence. This can be classes or formal courses but there are other ways too. Learn to cook a new favourite dish at home or take up an old hobby to challenge yourself.

#### Give to others

Volunteering can help build new social networks, even small acts like a thank you or kind words can improve your mental wellbeing.

#### Be mindful

Become more aware of the present time, consider thoughts and feelings, your body and the world around you. This can positively change the way you feel about life and its challenges.

Try meditation, yoga or tai-chi to improve your awareness of body sensations, thoughts and feelings.

#### **Connect**

Spend time with people around you, family, friends, colleagues and neighbours. Connect with people and develop relationships. Arrange a day out with friends.

# **FURTHER INFORMATION**

If you're feeling sad, anxious, angry or stressed, remember you're not alone.

Support can be offered by your GP or NHS111, you can also get help by contacting:

www.samaritans.org or call 116 123 for confidential support.

www.childline.org.uk or call 0800 1111.

Both are free and available 24 hours a day.

