

Positive Steps

Useful websites

www.nhs.uk

<http://www.nhs.uk/LiveWell/Pages/Livewellhub.aspx>

<http://www.patient.co.uk/showdoc/287/>

<http://www.mentalhealth.org.uk/feedingminds>

Local Sources Information

<http://lincsshine.wordpress.com/>

www.lpft.nhs.uk

www.lincolnshire.nhs.uk

www.lincsmh.org.uk

Renew@Involve

Mint Lane

Lincoln,

LN1 1UD

Plan your positive steps:

Positive Steps	Date	Achieved
Eg. Cooking lesson	14 July	✓
Go for a walk	16th July	✓



For further copies of this leaflet contact:
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In partnership with



Positive Steps to promote Mental Wellbeing



What is mental wellbeing?

‘Mental wellbeing is the ability to cope with life’s problems and make the most of life’s opportunities. It’s about feeling good and functioning well.’

How can I increase my mental wellbeing?

We all feel stressed, anxious, or low from time to time. Doing something positive to help yourself can make a real difference to your mood, so read our twelve positive steps and try some today!

1. Get active and feel good

Exercise is great for wellbeing, it improves your physical health, gives you more energy and can improve your mood! Do half an hour of activity where you get slightly out of breath three times a week. Pick an activity you enjoy, dancing, walking, swimming, or hiking,

2. Accept yourself

It's easy to be down on yourself and self-critical when you are feeling low. Why not try to be kinder to yourself. Remind yourself of your positive qualities when you feel low.

3. Be creative

Boost your mood by getting in touch with your creative side, painting, drawing, playing an instrument can be relaxing and help you to forget your worries for a while.

4. Learn new skills

It's never too late to learn something new. You can learn from people, books, TV or take a course, find out what is available in your local library. This can boost your confidence, give you new interests in life and help you meet new people too!

5. Get out there

Feeling isolated can increase feelings of depression or low self-confidence. Help yourself by making an effort to join the social scene. Getting involved in group activities can take your mind off your worries and other people can be a great source of support.

6. Chill out and unwind

If your life is hectic, it can be hard to relax, so why not set aside even half an hour a day to unwind and do something you really enjoy, like reading, listening to music or meditating.

7. Eat good mood food

What you put in your mouth can dramatically influence your mood! Cutting back on sugar and refined carbs, eating a diet rich in fruit, vegetables, lean meat, wholegrains and oily fish will give you more energy, boost concentration and increase mental wellbeing.

8. Get a little help

It's okay to ask for help if you feel stressed – chat to a close friend, family member, or even a support group if you need extra help. See websites at the back of this leaflet for more help and advice.

9. Talk it out

If you're feeling low and overwhelmed by things, don't be afraid to talk to someone. Helplines, such as the Samaritans, can be a great source of support if you feel you can't talk to anyone close to you.

10. Drink sensibly

Many people have a drink to help unwind – but did you know alcohol can be a depressant? Try to drink in moderation, drinking no more than 2-3 units a day for women and 3-4 units a day for men. You can enjoy yourself, drink responsibly – and still take care of your health and wellbeing.

11. Go easy on yourself

If you're having a difficult time, go easy on yourself – don't load yourself down with demands and expectations. Focus instead on praising yourself for the positive things you've done?

12. Keep in touch

Friends and family can be a great support when you're low – make an effort to keep in touch, whether through a quick phone call, a friendly email or even a visit.