

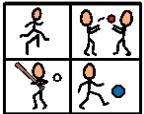
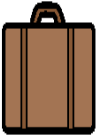



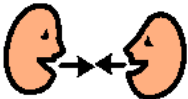







10 Positive Steps for Mental Health and Wellbeing for the whole family

 <p>Keep Active</p>	<p>Regular exercise really helps if you're feeling stressed, depressed or anxious. It can help you sleep better, boost your confidence and give you more energy. Find something you enjoy – a team sport, swimming, walking or dancing.</p>  <p>Children and young people benefit from both structured activities and free play time.</p> 
<p>Take a break</p> 	<p>A change of scene or pace is good for your mental health. A few minutes can be enough to de-stress you. Give yourself some 'me time', take a break and do something active or do nothing at all. Sometimes the world can wait.</p>  <p>Personal space and unhurried time to relax can also be important for children and young people</p>
<p>Care for others</p> 	<p>Caring for others is important in maintaining relationships with people close to you. Joining a club or volunteering can also be rewarding. It can make us feel needed and valued and feel less alone. Everyone has something to offer.</p> <p>Belonging to a club or having a hobby involving others can help to create a sense of mental wellbeing in children and young people.</p>
<p>Keep in touch</p> 	<p>Friends are important, especially at difficult times you don't have to be strong and struggle on alone. Be there – and let others be there for you. Be a good friend and neighbour – keep in touch</p>  <p>Children and young people benefit from having time with their own peer group as well as time to bond with their families doing activities they enjoy.</p>

10 Positive Steps for Mental Health and Wellbeing for the whole family

<p>Eat well</p> 	<p>There are strong links between what we eat and how we feel – or example, caffeine and sugar can have an immediate effect. Try to notice how different food or drinks affect your mood. A diet that’s good for your physical health is also good for your mental health. Eat a healthy balanced diet and try to limit caffeine and sugary drinks.</p> <p>Regular family meals together can be a good time to chat to children and young people about their day.</p>
<p>Drink sensibly</p> 	<p>Drinking alcohol to deal with problems will only make things worse. It’s best to drink in moderation and avoid binges. People often use alcohol to deal with stress and difficult feelings. However, the effect of alcohol is only temporary and can often make you feel more depressed. If you’re worried about your drinking speak to your doctor.</p> <p>Encourage children and young people to develop a healthy attitude to alcohol by talking about the costs and benefits of drinking.</p>
<p>Do something you are good at</p> 	<p>Do something you love doing. Enjoying yourself helps to beat stress. Trying something new or doing something you are good at can increase your confidence and self esteem. Concentrating on a hobby or something that you enjoy can help to forget your worries and make you feel happier.</p> <p>Children and young people benefit from praise and encouragement for effort.</p> 

10 Positive Steps for Mental Health and Wellbeing for the whole family

<p>Accept who you are</p> 	<p>Our beliefs, background, culture, religion, sexuality and experiences make us who we are. Everyone is entitled to respect, including you.</p> <p>Everyone is different but we all have strengths. It is better to accept who you are as being unique rather than wishing you are someone else.</p> <p>Spend time recognising what you are good at and identifying your strengths and focus on them.</p> <p>Adults can help children and young people by highlighting their good qualities regularly.</p> 
<p>Talk about your feelings</p> 	<p>Most people feel isolated and overwhelmed by their problems sometimes – it can help to share your feelings.</p> <p>If you feel there is no one to talk to, you could call a helpline. Talking about your feelings can help you to feel supported and less alone.</p> <p>Children and young people benefit from having access to an understanding and responsible adult who can listen to them and talk openly about feelings.</p>
<p>Ask for help</p> 	<p>Everyone needs help from time to time. If things are getting too much for you and you feel you can't cope, it's OK to ask for help. It can be difficult to ask for help but we are not superhuman. It is important to have support.</p> <p>Support can come in different forms from different people such as, friends, family, a support group, your GP or from helplines.</p> <p>Adults can make it easier for children and young people to ask for help by listening attentively and letting them know they are available for support.</p>

Adapted from Mental Health improvement: evidence based messages to promote mental wellbeing (Health Scotland Nov 2007) and the Mental Health foundation's How To Look After your Mental Health Campaign. (www.mentalhealth.org.uk)