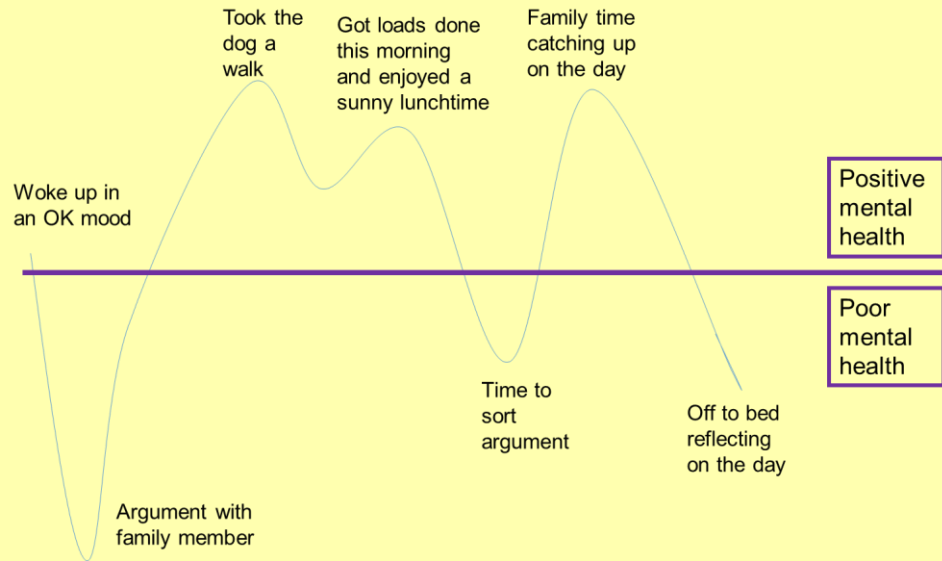
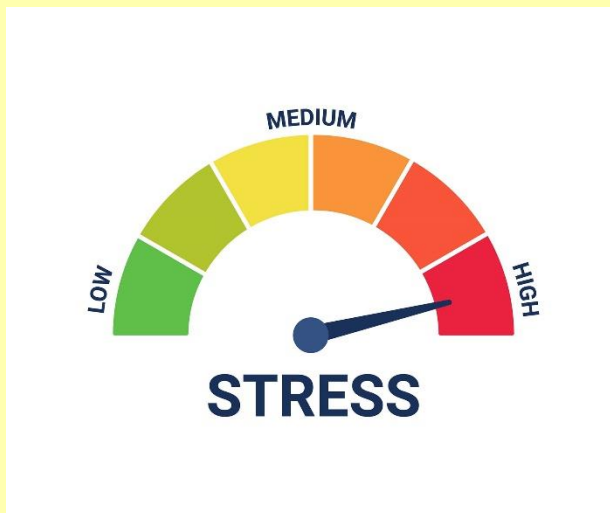




# Mental Wellbeing is something we all have BUT do we look after it?



It is normal for our mood to fluctuate regularly. What is important is that if we drop below the line we have some strategies / activities we can do to bring us back up.



Having some stress in our lives helps to motivate us but prolonged periods of stress are detrimental to our health.

We can never completely remove stress but we can learn to manage our stress better by managing external pressures.



# Warning signs that we are stressed or feeling low?

- Its good to know what makes us stressed / feel low so we can be prepared

friends  
family personal housing  
study employment  
money

- Its also good to know our warning signs so we can act quickly

mind emotions  
behaviour  
physical

- What can we do when we experience these warning signs?



For more information on how to manage stress use the QR code to visit [Causes of stress - Mind](#)

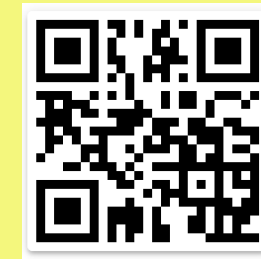




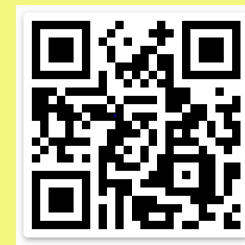
# Self care is not selfish



For more information on self care use the QR code to visit [Self-Care for Parents and Carers | Why consider self care? | Anna Freud Centre](#)



# Give mindfulness a try!





# How to improve your wellbeing?

*10 ways to improve your mental health and wellbeing*

 Talk about your feelings	 Accept who you are
 Eat well	 Keep in touch
 Take a break	 Keep Active
 Drink sensibly	 Ask for help
 Do something you are good at	 Care for others

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

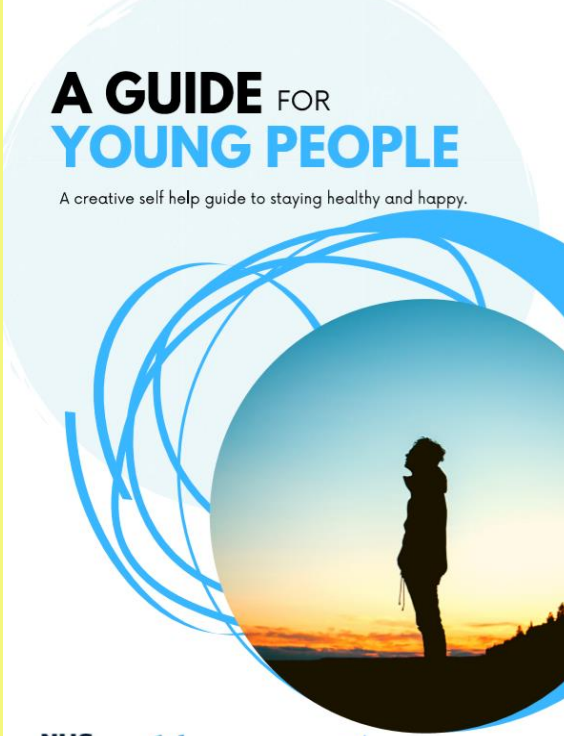
[www.east-ayrshire.gov.uk](http://www.east-ayrshire.gov.uk)

**10 ways to improve your mental health and wellbeing**

 <b>Eat well and drink sensibly</b>	 <b>Talk about your feelings</b>	 <b>Ensure you sleep well</b>	 <b>Take time to do things you enjoy</b>
 <b>Accept and value who you are</b>	<b>10 ways to improve your mental health and wellbeing</b>		 <b>Keep in touch with others</b>
 <b>Keep physically active</b>	 <b>Care for others</b>	 <b>Take a break</b>	 <b>Don't be afraid to ask for help</b>

**A GUIDE FOR YOUNG PEOPLE**

A creative self help guide to staying healthy and happy.



NHS Ayrshire & Arran | cld Community Learning and Development | South Ayrshire Council | North Ayrshire Council | East Ayrshire Council





# How can I make looking after my mental wellbeing a habit?



Start with small steps – a 1% change each day will mean you are 37 times better after a year.



The best way to bring about change is to reward yourself when you do something – that way you will keep doing it and it will become a habit!

For more information about Atomic habits use the QR code to view the clip





# Websites

Exchange [Parents Page](#) – Full of useful tips, ideas and free resources. [Parents Page](#)

[Parent Club](#) – click on this link. Parenting advice from our child mental health experts



# Apps

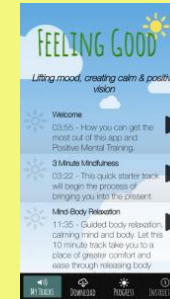


worry & anxiety

My possible self - A holistic approach



to help you sleep.



Use this QR code to access 33 NHS approved apps

# More information

East Ayrshire's HWB Parental Information Site

<https://blogs.glowscotland.org.uk/ea/parentalhwbaawarenessprogramme/>

