

Top Tips...

TO HELP IMPROVE YOUR MENTAL HEALTH AND WELLBEING



Get enough
sleep



Do some
exercise



Do things you
enjoy



Eat healthily



Ask for help



Take a break



Talk about
your feelings



Spend time
with family or
pets



Be yourself

Note for adults: These things may seem very simple but they play a huge part in supporting positive mental wellbeing.

Try to encourage the whole family to practice them regularly to build resilience.

For more information: <https://www.nhs.uk/better-health/>

POSITIVE self talk

Saying things to yourself in your head is very powerful. Your body believes this 'self talk'. Saying positive statements over and over can help you feel better.

I can do this.

It will get better.

I have been able to do hard things before.

It is ok to feel like this just now.

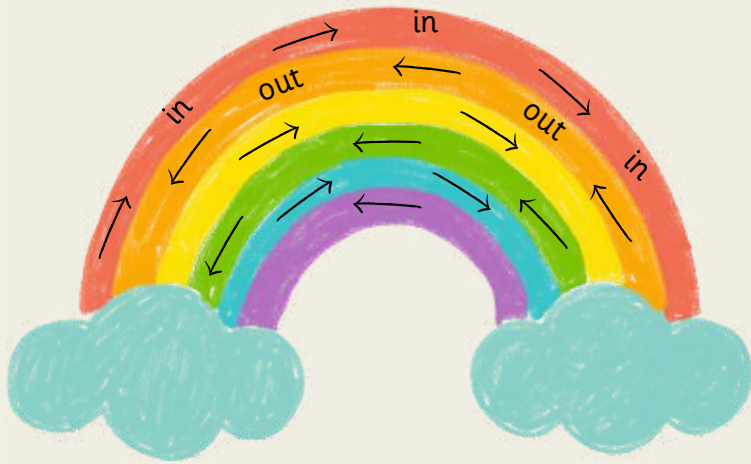


Note for adults: Help to create a list of positive statements that are personal to them. Be mindful that children's emotions often reflect adults emotions and sometimes they need help to focus on the positives.

Focus

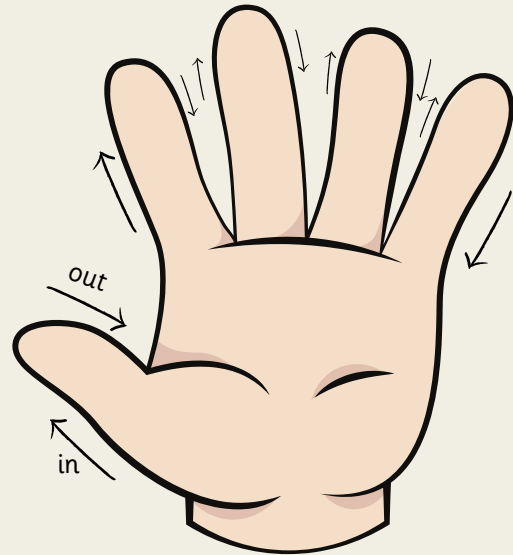
ON YOUR BREATHING

If you are ever worried or stressed, slowing down your breathing helps to calm your body and your mind.
Try breathing in through your nose, and out through your mouth.



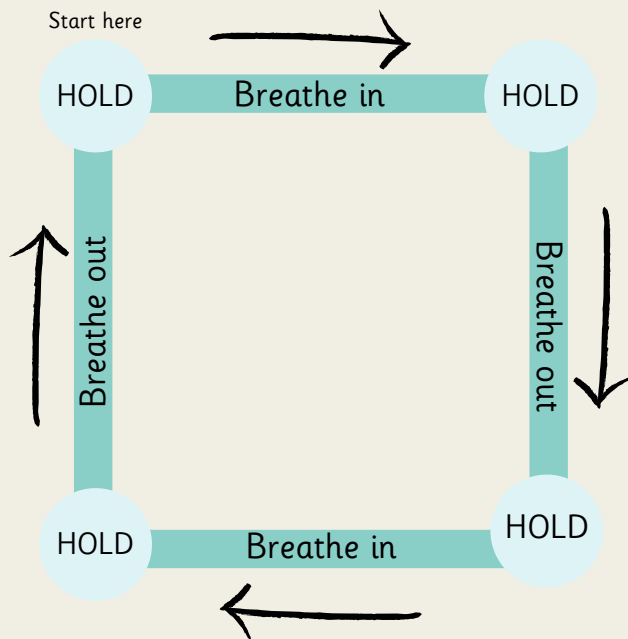
Rainbow Breathing

Use your finger to trace over the rainbow, breathing in and out slowly as you go.



5 Finger Breathing

Use your finger to trace up and down your fingers, breathing in and out slowly as you go.



Box Breathing

Use your finger to trace along the side of the box, breathing in and out as you go.

- 5** things you can 
- 4** things you can 
- 3** things you can 
- 2** things you can 
- 1** thing you can 

5 Things to Calm My Thoughts

Think through your 5 senses to remind you of the world around you just now.

Note for adults: Encourage taking a little time to breathe, focus on the present moment and be thoughtful about the small details of where they are and how they are feeling.