THE 7 PILLARS OF MENTAL HEALTH

Using the '7 Pillars of Mental Health' as a guide, you can take simple actions each day that will help you improve your mental health and wellbeing…

1: EAT FOR WELLNESS

Research suggests that eating well (a well-balanced diet in veg and nutrients) can increase feelings of wellbeing. Try choosing a healthier lunch option today and be sure to drink plenty of water!

2: CONNECT

Connection with youself and others is so important in maintaining your mental health. How can you make an effort to connect with someone today? Instead of sending an email or message, why not pick up the phone?

3: MOVE

Physical activity is good for your mental health and well-being so take some time to move your body in some way today. Could you walk to work? OR make time for a walk at lunch? Even a small amount of physical activity can make a big difference!

4: COMMUNICATE

A problem shared is a problem halved. If you can - share something that is troubling you with a person you trust OR if you are worried about a friend, start a conversation with them - see if they are ok. Ask them if they are ok.

5: BE MINDFUL

Being more mindful can help you feel good! At different times throughout your day STOP and notice your surroundings. Focus on the breath going in and out through your nose. Tune into your senses – see, hear & feel.

6: BE COMPASSIONATE

Being more compassionate to yourself and to others can help you improve your own mental health and wellbeing. Today take a moment to yourself and treat yourself with love & kindness. Consider how you could show love and kindness to others today.

7: SLEEP

One of the most important things to consider when it comes to mental health & wellbing. Lack of sleep can make you feel stressed and anxious. Getting enough sleep helps your body heal itself. What things can you do to help yourself sleep better this week?

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