



Looking After Your Mental Health and Emotional Wellbeing

Your wellbeing matters

Good mental health is an important part of living a healthy and fulfilling life. Everyone experiences stress, worry or difficult emotions at times. Taking small, positive steps can help you manage everyday challenges and support your emotional wellbeing.

Practical tips for supporting your wellbeing

1

Talk to someone you trust

Sharing your worries with a trusted friend, family member or support worker can help you feel less alone.

2

Stay connected

Keeping in touch with others and taking part in community activities can help reduce feelings of isolation.

3

Make time to relax

Try deep breathing, listening to music, prayer or meditation, reading, or spending time outdoors.

4

Maintain a healthy routine

Regular sleep, balanced meals and physical activity can support your mood and energy levels.

5

Be kind to yourself

Allow yourself time to rest and remember that asking for help is a positive step.

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When to seek support

If feelings of sadness, anxiety or stress persist, affect your daily life or become difficult to manage, consider speaking to a GP or qualified mental health professional.

If you or someone else is in immediate danger, call 999 in the UK.

For urgent mental health support in England, you can contact NHS 111 and select the mental health option where available.

***You do not have to face difficult times alone.
Seeking support is a sign of strength.***



Healthy Living and Everyday Wellbeing

*Healthy choices,
brighter tomorrows*

Small steps towards a healthier life

Looking after your physical health can improve your energy, help you feel better and support your overall quality of life. Healthy living does not have to be complicated or expensive. Small, achievable changes can make a difference.

Five ways to support your health

1

Eat a balanced diet

Where possible, include a variety of vegetables, fruit, wholegrains and sources of protein in your meals. Drink water regularly and aim to limit foods that are high in salt, sugar and saturated fat.

2

Keep physically active

Choose activities that suit your ability and circumstances, such as walking, dancing, gardening or gentle stretching. Start gradually and build up as you feel comfortable.

3

Get enough sleep

Try to maintain a regular sleep routine and create a calm, comfortable sleeping environment. Reducing caffeine late in the day and limiting screen use before bedtime may also help.

4

Look after your personal hygiene

Regular handwashing with soap and water helps reduce the spread of infections. Good oral hygiene, including brushing your teeth twice daily with fluoride toothpaste, also supports your health.

5

Take care of your health proactively

Attend recommended health checks and screening appointments, keep vaccinations up to date in line with NHS advice, and seek medical guidance when you have concerns about your health.

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Looking after yourself and your community

Healthy living is easier when people have access to reliable information and supportive environments. Sharing trustworthy health advice, encouraging positive habits and helping people find appropriate services can contribute to improved community wellbeing.

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Where to find reliable health information

For further information and advice, visit:

- NHS health information: <https://www.nhs.uk/>
- NHS mental health support: <https://www.nhs.uk/mental-health/>

Important: This information is for general health education only. It does not replace individual medical advice, diagnosis or treatment. Speak to a qualified healthcare professional about your personal health needs.