

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

World Mental Health Day is on Monday 10th October!

Our mental wellbeing is just as important as our physical health. If you broke your leg climbing a tree would you go to the doctors? Well, your mental health is no different, it needs to be looked after.

Whether your experiences are positive or negative, we all have mental health. It is not something to be ashamed of. Just like taking vitamins, eating and exercising for our physical health we must take active steps to look after our mental health.

Below I have outlined some top tips for looking after your mental health this autumn:

1. **SPEND SOME TIME OUTDOORS**: Make an effort to see the few bright hours of the day. Take your dog for a walk, go to the park with your family or play out with your friends.
2. **BE MINDFUL**: Live in the present moment. Try to incorporate mindfulness into everyday tasks like going in the bath, eating or walking to school.
3. **PRACTICE 'HYGGE'**: Hygge is a Danish word for 'the art of cosiness and creating intimacy'. Living a Hygge means to surround yourself with comfort and warmth. Choose one day of the week where you practice Hygge e.g. having fun with your family through a movie night, or reading your favourite book by the window whilst watching the rain fall.
4. **GET ENOUGH SLEEP**: It is recommended that you get between 7-9 hours of sleep per night. If you are struggling to sleep try meditation, a warm bath before bed, a cup of chamomile tea or reducing screen time 1 hour before lights out.
5. **EAT A BALANCED DIET**: Whilst pizza and chips on the sofa can feel comforting, junk food can actually make our mood worse. That's not to say you can't enjoy a pizza every so often, but make sure you're getting your greens and fruits in too!
6. **TALK TO OTHERS**: It is not a good idea to keep feelings bottled up. Opening up to a loved one about how you're feeling is an excellent way to look after your wellbeing. Remember a problem shared, is a problem halved.

Don't just practice this on World Mental Health Day but look after yourself all year round!

How to contact us

If you would like to have your say, or have any other questions please contact us.



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