



Sevenoaks Area Mind Day Services

Wellbeing tips

- **Keep active**

Physical activity is a proven way to keep mentally healthy. Joining a gym or taking up a sport are great ways to meet new people.

- **Eat well**

A balanced diet is essential to maintaining good mental health. A growing body of research shows direct links between what we eat and how we feel.

- **Get out in the open air**

Spending time outdoors in green spaces is calming and helps lift mood. Get out for a walk or a cycle, or do a spot of gardening.

- **Find a hobby**

Learning a new skill or doing something active or creative will boost your self confidence. Hobbies can also be a great way of meeting new people.

- **Random acts of kindness**

Do good, do something to help someone else, acts of kindness help others but also make us feel good.

- **Listen to music**

Music has the power to relax, stimulate and elevate mood. By relaxing us, it can promote deeper and more restful sleep. Music can also be very sociable, going out dancing with friends or relaxing with a favourite CD can improve our mood.

- **Change the scene**

When we are anxious or depressed, it's easy to end up "stewing" in the same place for a long time. Try moving to a different room for a while or even better go out for a walk.

A change of scene can help improve our mood and clear our heads.

- **Get involved**

Don't stand on the sidelines! Find a way to get involved and make a contribution, however little at home, at work or in the community.

- **Ask for help**

If you need help don't be afraid to ask. Asking for help is a sign of strength and responsibility.

- **Set realistic goals**

Even the most ambitious and complex tasks can be broken down into smaller, more manageable chunks.

Setting realistic, achievable goals is a good way of keeping spirits up and keep moving forward. Remember to congratulate yourself.

- **Keep in touch with friends and loved ones**

Close relationships have a huge impact on how we feel on a daily basis, a phone call, an email or a text can help us feel connected to those we love.

- **Take Control**

Get some knowledge. Find out about mental health from books, the internet and support groups, increase your knowledge, this will put you more in control and help reduce anxiety.

- **Talk about your feelings**

Sharing your feelings with others and being listened to can help enormously. The very act of trying to put how we feel into words makes us think more clearly.

- **Write it down**

Putting whatever is troubling us into words can help us think more clearly. Lots of people find that keeping a record of thoughts and feelings is useful in helping to understand how their mental wellbeing changes over time.