



Positive Steps for your mental health...

Our mental health and how we feel affects every part of our lives including our family, relationships, physical health, work and leisure time. Everyone can experience difficult times and may feel down, worried or upset. However, there are lots of things we can do to help us improve our mental health and emotional well being. Doing something positive can make all the difference – for you and for others.



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make all the difference –
for you and for others.

Designed by edge interactive ltd. 01 652 653800



North Lincolnshire **NHS**
Primary Care Trust

To order further copies please contact,
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Positive Steps

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Accepting who you are...

There are many things that make us who we are. Some of these include our values, beliefs, background, religion, race, gender and sexuality. Respect yourself and others. Everyone has something to offer.



Surviving

We all have a mental health. We can all feel up, down, anxious, upset etc. Try to find ways of coping with life's demands and don't be too hard on yourself if things go wrong. Following these steps will be a good start.



Asking For Help

It's good to ask for help. Sometimes we feel unable to ask for help for different reasons. We can ask for help from family, friends, our doctor, local groups and organisations.



Keeping Active...

Regular exercise can really help lift your mood and fight anxiety and stress. It can make you feel well and give you more energy. Find an exercise you like to do e.g. walking, swimming, cycling etc.



Relaxing

Making time to relax is very important. We all need time to ourselves. Find something you enjoy e.g. listening to music, reading etc.



Talking About It

Sometimes you can feel like no one understands or that you are completely alone. It usually helps to share your problems. There are people and places you can talk to, find out who and where they are.



Do something creative...

We all have a creative side. When we use our creative skills practically, we get a sense of achievement and it can allow us to express our feelings. Find something you enjoy such as music, writing, painting, poetry, cooking, gardening etc.



Getting Involved

Meeting new people and being involved with others helps us to feel 'connected' to the world. It can provide you with support and give you the opportunity to support others.



Drink Sensibly

Alcohol is a depressant which means it makes us feel down or low. It usually makes any problems worse. If you drink, only have one or two drinks. Drinking to 'get drunk' is very dangerous to health.



Learning new skills...

Learning a new skill can increase your confidence and help you to feel good about yourself. It can also help you to meet new people or create new opportunities



Eating Well

Our mental health needs the same nutrition as our physical health. Having a balanced diet will not only help the way you feel but also the way that you think. Try to eat regularly and remember your five daily portions of fruit and vegetables.



Stay In Touch With Friends

Friends are very important. We need different people around us to share our lives with. Friends can offer us support when we need it and we can offer it to them in return.