Better Health every mind matters

NHS

Top tips to improve your mental wellbeing

Easy Read

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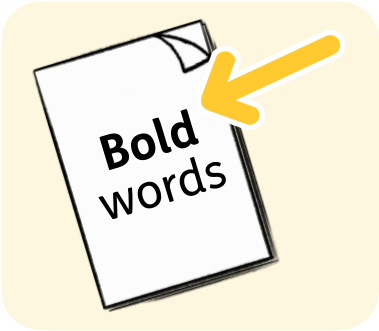
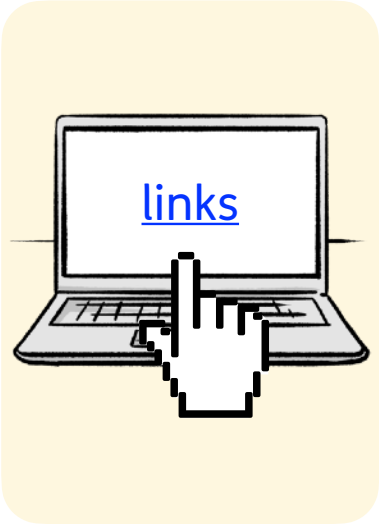


In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are blue and underlined.

These are links for another website which has more information.

If you are reading this on paper, you can type the link on an internet browser, like Google Chrome, to go to the website.

Introduction

This information is from the NHS.

It is about how to improve your **mental wellbeing**.

Mental wellbeing is:

- How you feel inside.
- Your emotions.
- How you cope when bad things happen.

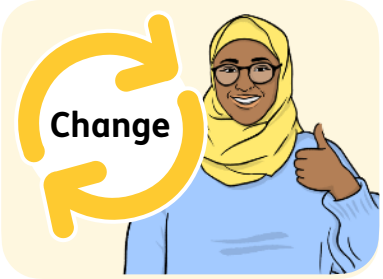
We will tell you 7 different ways to help your mental wellbeing.

What is good mental wellbeing?

Looking after your mental wellbeing is not something you should only do when you feel low or stressed.

We should look after our mental wellbeing all the time, just like keeping our body healthy.

Keeping your mind healthy is good for you now but also helps you in the future when times are hard.



Simple changes to your life can make a big difference.

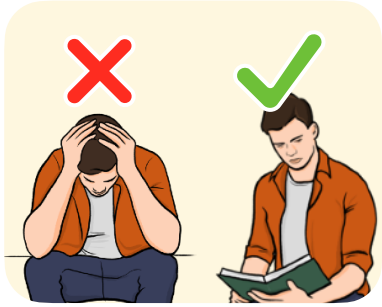
Why not start today?

7 ways to improve your mental wellbeing

Here are 7 ideas to improve your mental wellbeing.

1. Change unhelpful thoughts

Sometimes we have thoughts that can make us do something that might be bad for us.

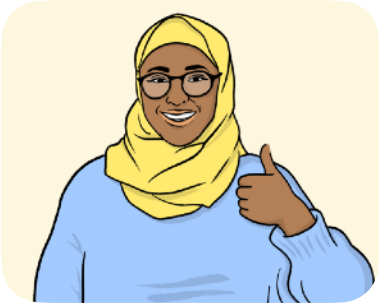


Try to notice when you have these thoughts and don't let yourself do the bad thing that usually follows the thought.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

2. Notice what is happening in the moment

It can help to take some time to stop what you are doing and notice what is going on around you.



You can also notice how you are feeling and what you are thinking.

This can help to make problems not seem so big.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

3. Get good sleep

Getting a good night's sleep can be good for your mind and your body so it's important to get enough sleep.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

4. Connect with others

Spending time with your friends and family and talking to them about how you are feeling is a good idea.

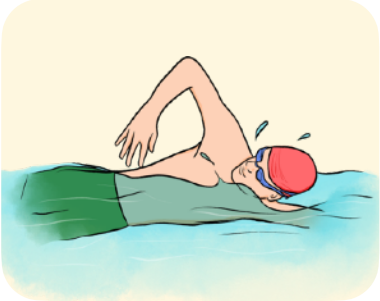
Helping other people can also help you to feel better and less lonely.

You could talk to someone on the internet, on the phone or see them in person.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

5. Live a healthy life

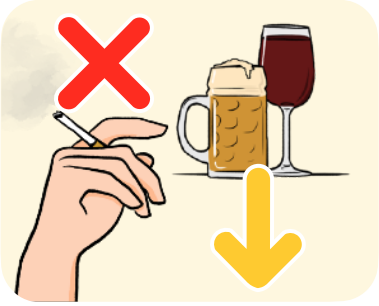
You can feel better by:



- Doing something that gets you moving.

- Enjoying the outdoors.

- Eating healthy food.



Stopping bad habits like smoking or drinking too much can make you feel better too.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

6. Do something for yourself

It's important to do things that make you happy.

That could be things like:

- Enjoying your favourite activity.

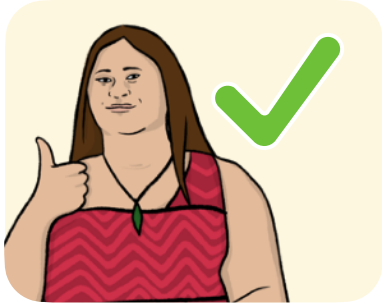
- Learning something new.

- Taking some time to relax.

You can find out more by following this link to our website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

7. Write a letter to yourself in the future

When you are feeling good, think about what you might say to yourself when you are feeling low in the future.



Reminding yourself about what makes you feel good right now can help you through the hard times.

You could try making a Mind Plan on our website.

You just need to answer 5 simple questions on our website.

You will get a plan with tips and advice to help you be kind to your mind.

You could write down which tips and advice helped you.

You can get Your Mind Plan by going to this website: www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz

For more information

You can look at our website here:
www.nhs.uk/every-mind-matters

Start living healthily by going to this website:
www.nhs.uk/better-health

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