

# 10 Ways To Look After Your Mental Health

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## Talk About Your Feelings

Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy. Talking to a friend or colleague you trust can be a great way of helping cope with a problem.



## Keep Active

Experts believe regular exercise releases chemicals in your brain that make you feel good. People who exercise every day reduce their risk of anxiety and stress levels by more than 40%!



## Eat Well

Good nutrition is essential for our mental wellbeing and a number of mental health conditions can be made worse through poor diet, including Stress and Depression.

## Drink Sensibly

Alcohol can have an effect on mental health because of how the brain responds to stimulus. Water poses no such risks and has huge benefits for body and mind so can, and should, be enjoyed freely!



## Ask For Help

The old saying that "a problem shared is a problem halved" highlights the benefits of talking to someone when we have an issue. If you feel things are getting too much for you, ask for help.



## Keep In Touch With Friends Or Loved Ones

Enjoying company and making time to be with friends can help reduce stress by boosting feelings of belonging and social connection. Give them a call, drop a text or chat to them online!

## Take A Break

You could take a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.



## Do Something You're Good At

What do you love doing? Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem, sense of achievement, and self worth.



## Accept Who You Are

We're all different and it's much healthier to accept that you're unique than to wish you were more like someone else. Good self-esteem helps you cope when life takes a difficult turn.

## Care For Others

In our busy lives it can be hard to find the time to care for ourselves, let alone have time to care for or help others, but there is a strong association between good mental health and engaging with others, learning new skills and facing new challenges. Mixing with new people can not only reduce feelings of loneliness and isolation, but can also enhance feelings of pride and achievement.



Mental Health Foundation (2017)

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

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