

YOUR TOP 5 TIPS TO PROMOTE GOOD MENTAL HEALTH




Our mental health is important to all of us as it affects every aspect of our lives

When we have good mental health, we are more confident, able to cope with everyday stress and make positive relationships. Importantly, there are things that we can do to promote good mental health and reduce the risk of developing mental health difficulties. We all have a responsibility to look after ourselves. However, even if we are good at doing this, it's likely that at some point we will struggle. If this does happen, it's important to know where to get support.

Accept who you are



We are all different—if we were all the same it would be very boring. Some people are good at schoolwork, some are good at sports, and others are terrific musicians. Focus on what you can do well and accept that most people are not good at everything. Be you! By accepting who we are, we can embrace our strengths and weaknesses, be the best we can be, and feel better about ourselves.

 YoungMinds: www.youngminds.org.uk
See: For Children & Young People / Looking after yourself / Believe in Yourself

Ask for help



None of us are superhuman. At times, life can feel overwhelming. If you are finding it difficult to cope on your own, ask for help. Trusted friends and family may be able to offer support to help relieve some pressure. In school, you can talk to your guidance teacher, school nurse, youth worker or another trusted adult. Or you may want to talk to your GP or go online to a website such as YoungMinds.

 YoungMinds: www.youngminds.org.uk

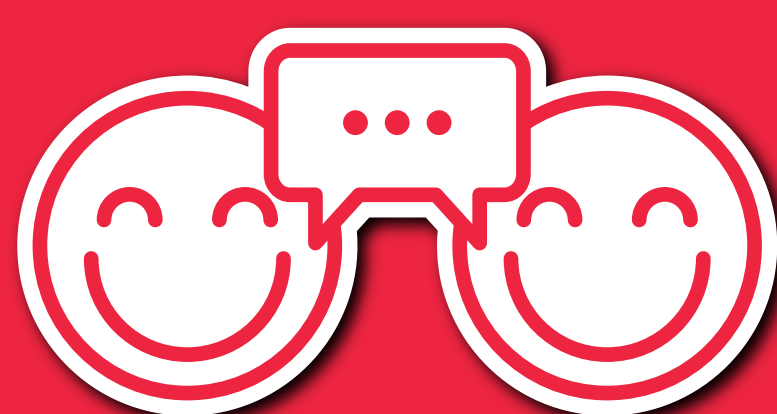
Be active



Keeping active is good for your physical *and* mental health. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. It might be a bit scary at first, but there are many ways to be active. You could take a walk, play football, join a yoga or dance class, and you could buddy up with a friend or family member. Most importantly, find an activity that you enjoy.

 Sport in Moray: www.sportinmoray.co.uk

Open up




Tough as it can be, talking to friends or someone you trust can be a way to cope with a problem you've been carrying around in your head. It's not always easy to describe how you're feeling or you may worry that you will be judged. But just being listened to can help you feel supported, less alone and better about yourself. And it works both ways. If you open up, it might encourage others to do the same.

 Childline: www.childline.org.uk

Relax



A change of scene or pace is good for your wellbeing. It could be a five-minute pause from doing your homework, a short walk at lunchtime or practising a relaxation technique such as deep breathing. A few minutes can be enough to de-stress you. Listen to your body. If you're really tired, give yourself some time to sleep. Without good sleep, our mental health suffers and our concentration goes downhill.

 Stop, Breathe & Think: www.stopbreathethink.org

Because you matter