

HELPFUL TIPS FOR WELLBEING, AND MINDING YOUR MENTAL HEALTH

Whether you are looking to improve your wellbeing in general or are struggling to cope with a challenging situation in college or your personal life, minding your mental health is very important.

Try out some of our tips for well-being and good mental habits, as well as suggestions for dealing with tougher times. [Minding your mental health](#) and maintaining healthy habits on a regular basis can help you deal with bigger problems as they occur.

Relax

Making time to relax is essential for maintaining good mental health. Fitting things into your day which help you unwind can help manage stress levels, even if it is only 10 minutes of downtime.

While taking time off from a hectic schedule may seem daunting, giving yourself some relaxation time can massively decrease stress and give you new perspective before beginning work again.

Keep Active

Regular physical activity can give your mental health a positivity boost. Find something which keeps you active and which you also enjoy, such as a specific sport, walking, dancing or cycling, and just do it. While this may seem like hard work, it is worth the effort as regular exercise can help you feel more positive.

Eat Healthily

Eating healthily will not only affect how you feel, but how you think. Aim to eat at least five portions of fruit and vegetables a day and always carry a water bottle with you. Filling your body with good food will help your body to work properly and more efficiently. Becoming comfortable with who you are

No one is perfect and everyone is different.

These different things, including background, gender, race and religion are important to who we are. Everyone is entitled to respect, including you.

Don't be too hard on yourself, or on others.

Keep in Touch You don't have to struggle in isolation.

Friends are important, and maintaining contact with the people who care about you can help you feel close and connected to other people.

Watch your [Alcohol Consumption](#) Excessively consuming alcohol to deal with difficulties and problems can often make things worse.

Binge-drinking and consuming drugs will not help you deal with the cause of your problems. Alcohol is a depressant and can lead to reduced positivity, increased anxiety and depression.

Talk about it

Everyone can feel overwhelmed and isolated by problems and difficulties in their lives.

Talking about how your feelings can stop bad thoughts from building up in your mind. Talk to someone you trust, or call a helpline – such as the [Samaritans](#); 1850 609090.