

# Mental Wellbeing

## Mental Wellbeing



## Healthy Lifestyles

Mental wellbeing can take many forms but a useful description is **feeling good and functioning well.**

Keywords:

- Feelings of contentment,
- enjoyment,
- confidence,
- engagement with the world,
- self-esteem,
- feeling you can do the things you want to do,
- good relationships.
- Good mental wellbeing is also important for our physical health.
- Our overall wellbeing involves both the body and the MIND.

## WHY IS IT IMPORTANT?

Our mental wellbeing is about our ability to manage life's problems and make the most of opportunities. As wellbeing diminishes we may:

- Start to focus on negatives and feel low
  - Feel stressed and anxious
  - Lack confidence and motivation
  - Develop problems with sleeping
  - Have difficulties with close relationships
  - Struggle to cope with everyday life
- If you think your mental health is deteriorating or if you feel unable to cope, seek help

Poor mental health is not something you should just put up with. Help and support are available. **Speak to your GP for more information.**

If you would like more information on the different ways you can adopt a healthier lifestyle, look out for our other leaflets:

- Physical Activity
- Healthy Eating/ Healthy Weight
- Quitting Smoking
- Drinking Alcohol Sensibly
- Sexual Health
- Dental Health

You can find copies of all our leaflets, along with more information on healthy lifestyles at:  
[www.herefordshire.gov.uk/health-improvement](http://www.herefordshire.gov.uk/health-improvement)

If you need to get online, our county's libraries offer free computer and internet access at most sites.

For more local information about staying healthy visit:  
[www.wisherefordshire.org](http://www.wisherefordshire.org)

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**TIPS**  
Taking control  
of the situation is  
one of the first steps to  
feeling better.

## MAKE A CHANGE

If you feel you need to improve your mental wellbeing then a great place to get some advice is the NHS Choices Moodzone website.

[www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)

You will find lots of practical, useful information, interactive tools, and videos to support you on your way to feeling better.

Moodzone includes eight guides with advice for common mental wellbeing problems, including:

- Low mood and Depression
- Anxiety
- Panic attacks
- Sleep problems
- Low confidence
- Unhelpful thinking
- Practical problem solving

## 5 steps to Mental Wellbeing

### Be active

This doesn't have to be going to the gym. Go for a walk, cycle or play a sport which you enjoy. Aim for at least 150 minutes of physical activity each week.

### Keep learning

New skills provide a sense of achievement and improve confidence. This can be classes or formal courses but there are other ways too. Learn to cook a new favourite dish at home or take up an old hobby to challenge yourself.

### Give to others

Volunteering can help build new social networks, even small acts like a thank you or kind words can improve your mental wellbeing.

### Be mindful

Become more aware of the present time, consider thoughts and feelings, your body and the world around you. This can positively change the way you feel about life and its challenges.

Try meditation, yoga or tai-chi to improve your awareness of body sensations, thoughts and feelings.

### Connect

Spend time with people around you, family, friends, colleagues and neighbours. Connect with people and develop relationships. Arrange a day out with friends.

## FURTHER INFORMATION

**If you're feeling sad, anxious, angry or stressed, remember you're not alone.**

Support can be offered by your GP or NHS111, you can also get help by contacting:

[www.samaritans.org](http://www.samaritans.org) or call 116 123 for confidential support.

[www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111.

Both are free and available 24 hours a day.

