

# 10 THINGS YOU CAN DO TO IMPROVE YOUR MENTAL HEALTH

## 1. TALK TO SOMEONE WHO YOU TRUST

It can feel daunting to start with, but some people find that sharing how they are feeling with others can make them feel better. Knowing that someone is listening, cares about you and that you are not facing things alone can often really help.

## 3. FUEL YOUR BODY WITH 'GOOD BRAIN FOOD'

Eating regularly and eating non-processed natural foods have been proven to improve gut-health and our mood. Try some of our [recipes](#) from the Norwich City nutrition team.

## 5. SPEND SOME TIME IN THE OUTDOORS

Fresh air, exercise and space can give our minds time to process things that happen in our day and help reduce stress. If you can, go for a walk in the outdoors – maybe meet some friends and go together? Great places to go include National Trust Woodlands, beaches, coastal walks and city parks and open spaces.

## 7. MAKE SOCIAL CONNECTIONS AND CATCH UP WITH FRIENDS

Friends and meeting with people is a great way to improve our mood and mental well-being. Try meeting with friends, going for walks or grabbing a cup of tea. If you find this difficult the Community Sports Foundation run loads of free sessions, where you can meet like minded people and make long lasting friendships.

## 9. READ

Reading can be a great way to stimulate your mind and whether its fiction or non-fiction you are into there are so many books that can either change your way of thinking or open your eyes to a new world. If you struggle to read, try free audio books.

## 2. LOOK AFTER YOUR PHYSICAL HEALTH

Moving your body and getting the blood pumping can be really beneficial for your mind. Look into joining a group like [Run For Me](#) where the combination of exercise and social connections with others can make a huge difference.

## 4. KEEP A MOOD DIARY

Keeping a mood diary can help you keep track of any activities, places, people make you feel better or worse.

## 6. DON'T SKIMP ON SLEEP

Sleep is how our body repairs itself, ensure that you are getting good uninterrupted sleep and try to refrain from drinking caffeinated drinks or using electronic devices before you go to bed.

## 8. AVOID ALCOHOL AND DRUGS

While you might want to use recreational drugs and alcohol to cope with difficult feelings, in the long run they can make you feel worse and may prevent you from dealing with any problem you are facing. For support on this check out this [useful resource from Mind](#).

## 10. REACH OUT FOR HELP

If you are struggling and need **immediate help** please reach out to the following places:

Call **999**

Call **111** and select **option 2**

Call the **Samaritans helpline** on **116 123**

Text **SHOUT** to **85258**

Don't worry if these tips do not work for you. There are loads of options and people to talk to. We recommend:



SAMARITANS

