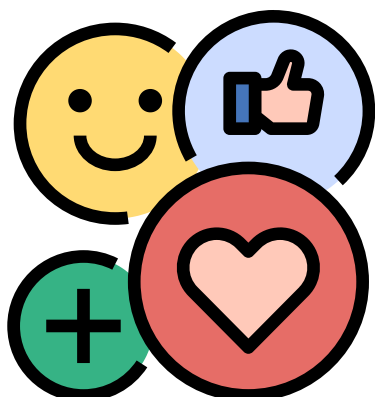
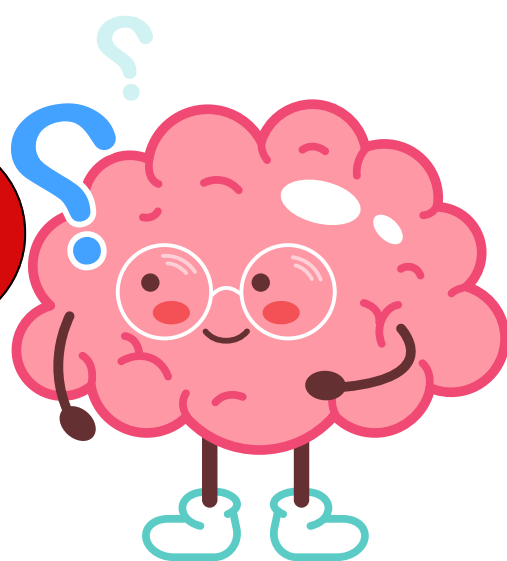


HOW TO IMPROVE MENTAL HEALTH

Seek help when needed

It's important to talk to someone (parents, friends or trusted adult) when you are concerned about your mental health.
www.bekindtomymind.co.uk
www.youngminds.org.uk/

1



2

Recognise your feelings

Feelings are important and can be overwhelming at times. We need to be able to recognise when we have an emotion, know what it is and know what it is trying to tell us.
<https://www.mind.org.uk/for-young-people/introduction-to-mental-health/understanding-my-feelings/>

Practice mindfulness

Mindfulness involves paying attention to our thoughts, feelings and the world around you. This awareness allows you to see things differently.
<https://www.youngminds.org.uk/professional/resources/mindfulness-activities/>

3



4

Get enough sleep

Sleep helps our brains and bodies work at their best, helping us function day-to-day. Sleep helps our bodies grow and heal.
<https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>

Exercise regularly

When we're active, the body releases feel-good hormones that can improve our mood and boost our energy.
<https://letskeepboltonmoving.co.uk/>

5



6

Get outside

Sitting around all day can lead to low-mood and unhappiness. Try getting outside, enjoying the daylight and connecting with nature.
<https://www.lancswt.org.uk/>



If you want to access more resources, visit:

www.bolton-together.org.uk