

Mental Health and Wellbeing Toolkit



Try incorporating some of these tips and resources into your daily routine to promote your own mental health and wellbeing.

Staying healthy, active and practicing mindfulness:

- Having a regular sleep schedule is very important to maintain your body clock. To wind down before bed, read a book, take a bath or do something relaxing whilst avoiding caffeine and the use of electronics. For more tips on having a healthy, sleep routine, check out [The Sleep Council](#).
- Mindfulness (being in the present moment) can reduce stress, anxiety and depression and promote wellbeing. To practice mindfulness, try apps such as Headspace or Calm or read a beginner's guide at [Mindful](#).
- Try using breath work to reduce symptoms of anxiety, [this counting breath exercise](#) is a great one for beginners.
- Simple ways to relax such as walking in nature, listening to music or practicing some [yoga](#) can also be great ways to relax and reduce stress and anxiety.
- What you eat and drink can have a big impact on your mood and health. Eat a balanced diet – fruit, veg, protein, good fats, carbohydrates to ensure body has the vitamins and minerals it needs and aim to drink 6-8 glasses of water a day.

Staying physically and mentally active:

- Exercise, especially cardiovascular exercise, is great for your mental health. For exercise and workout ideas, take a look at the [NHS website](#) and [Joe Wicks' home workouts](#).
- Do something creative such as painting, drawing or scrapbooking. Get some inspiration from [Anna Freud's self-care and creativity ideas](#).
- Learn something new such as a language on [Duolingo](#) or a recipe from a YouTube channel like [Tasty](#).

Need to talk to someone?

- [Kooth](#) - Free, Online, Anonymous Support and Counselling
- [The Mix](#) - Mental Health and Wellbeing support for under 25's
- [Calm](#) - Provides support on Suicide Prevention
- [Shout](#) - Offer a free 24/7 text service helpline
- See [this A-Z list of charities](#) offering support online, through the phone or via text.

Staying positive and productive:

- Try to keep a routine and structure. A daily/ weekly checklist is a simple way to do this. Small things like waking up at 8am to bigger tasks like cleaning your room can be on the list. It will help you feel positive and productive when you tick things off.
- Do something positive each day, [Random Acts of Kindness](#) is full of ideas to make others and yourself feel good.
- At the start of end of each day write a gratitude list and add to it every day – this will help you to feel more grateful and positive.