

Adult Mental Health



YOU GOTTA
NOURISH
TO FLOURISH

Self Care Tips

10 WAYS TO BOOST YOUR MENTAL HEALTH



CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



SHARE THINGS

Don't be afraid to share things with your family or friends.



WORK ON YOURSELF

Make sure that you take some time to work on your own well being



SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern

A BEGINNERS GUIDE TO SELF CARE

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1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you



HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE

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4 Incorporate relaxation into your day. Why not try some deep breathing?



5 Take time to observe and assess your feelings and emotions



6 At the end of each day write down 3 good things you have achieved or are grateful for



7 Plan some activities which are pleasurable and give you a sense of achievement



3 Engage in something which can boost your mental health (E.g. exercise, volunteering)



2 Spend time to really connect with colleagues or family members



1 Make sure you have time throughout day to practice self care. Schedule in some "me" time



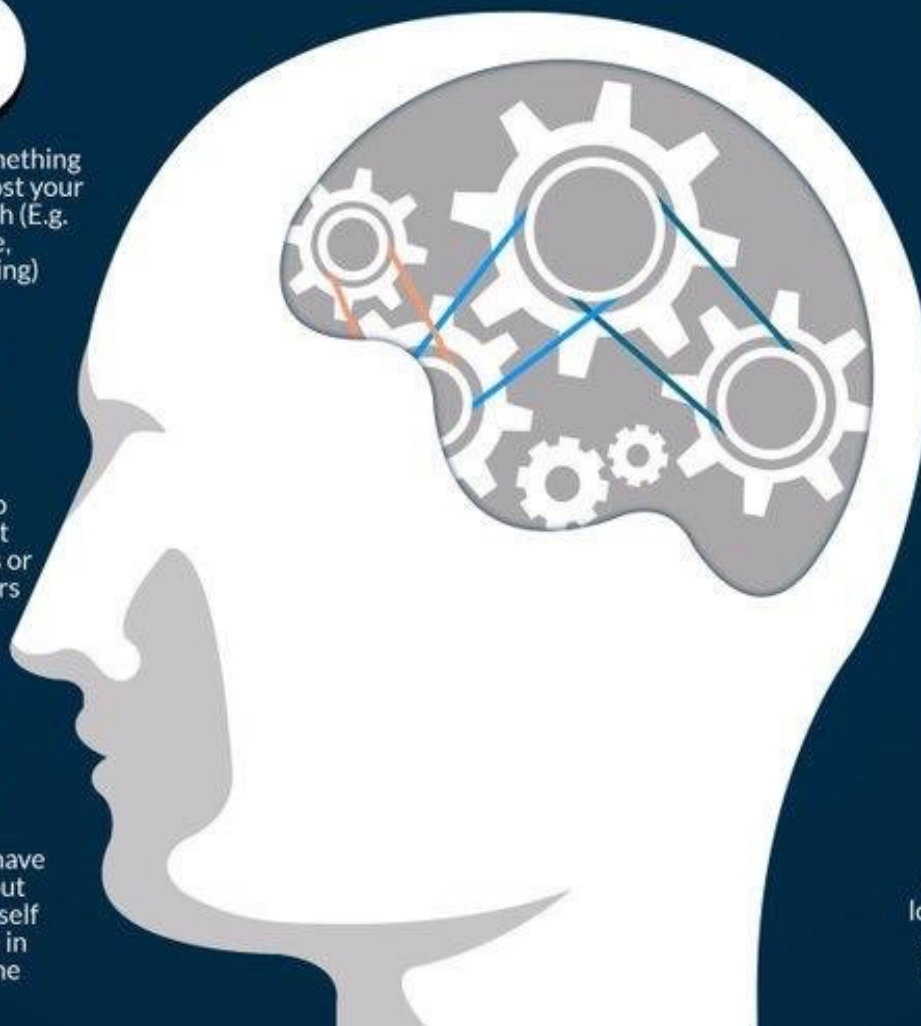
8 If you experience negative thoughts write them down and challenge them



9 Look after your physical self. Eat a balanced diet, take breaks and go for a walk



10 If you are feeling low or anxious then don't be afraid to talk to someone



10 WAYS TO BUILD PHYSICAL AND MENTAL RESILIENCE



Understand what you need to be resilient for – what demands are placed on you in the environment you have to perform in?



Start practising your resilience building habits and be curious about how long you can keep them going for



Make sure you've got rest and recovery periods built into your resilience plan, so you can recharge mentally and physically along the way



Get into the mindset that resilience can be built



Keep an open mind - you're building resilience for keeping going when things are going well or not so well. Resilience isn't just about bouncing back from bad!



Keep updating your resilience record. Where has your resilience paid off?



Look back over the last 12 months and work out what made your resilience rise and fall. Pay particular attention to the resilience builders



Get other people involved. Building resilience with other people and having them help you stick with your habit is always important



Keep running your resilience recipe through the steps so it stays relevant and ever more effective



From knowing what things build your resilience both mentally and physically, get a plan of resilience building habits into your diary



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10 MENTAL HEALTH EXERCISES YOU CAN DO ANYWHERE

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5 Engage all your senses with an activity that you are doing



6 When you experience negative thoughts identify thinking errors



7 Use problem solving to help you find solutions to a problem



8 Practice some mindfulness and try to be present with what you are doing



9 Deep breathing is great for reducing physiological and psychological arousal



10 Progressive muscle relaxation can help to reduce stress and anxiety



1 Challenge unhelpful thoughts using a thought diary



2 Assess your emotions using a simple body scan technique and asking yourself "How am I feeling?"



3 Write down your thoughts and feelings in a diary



4 Write down 3 good things you have achieved today

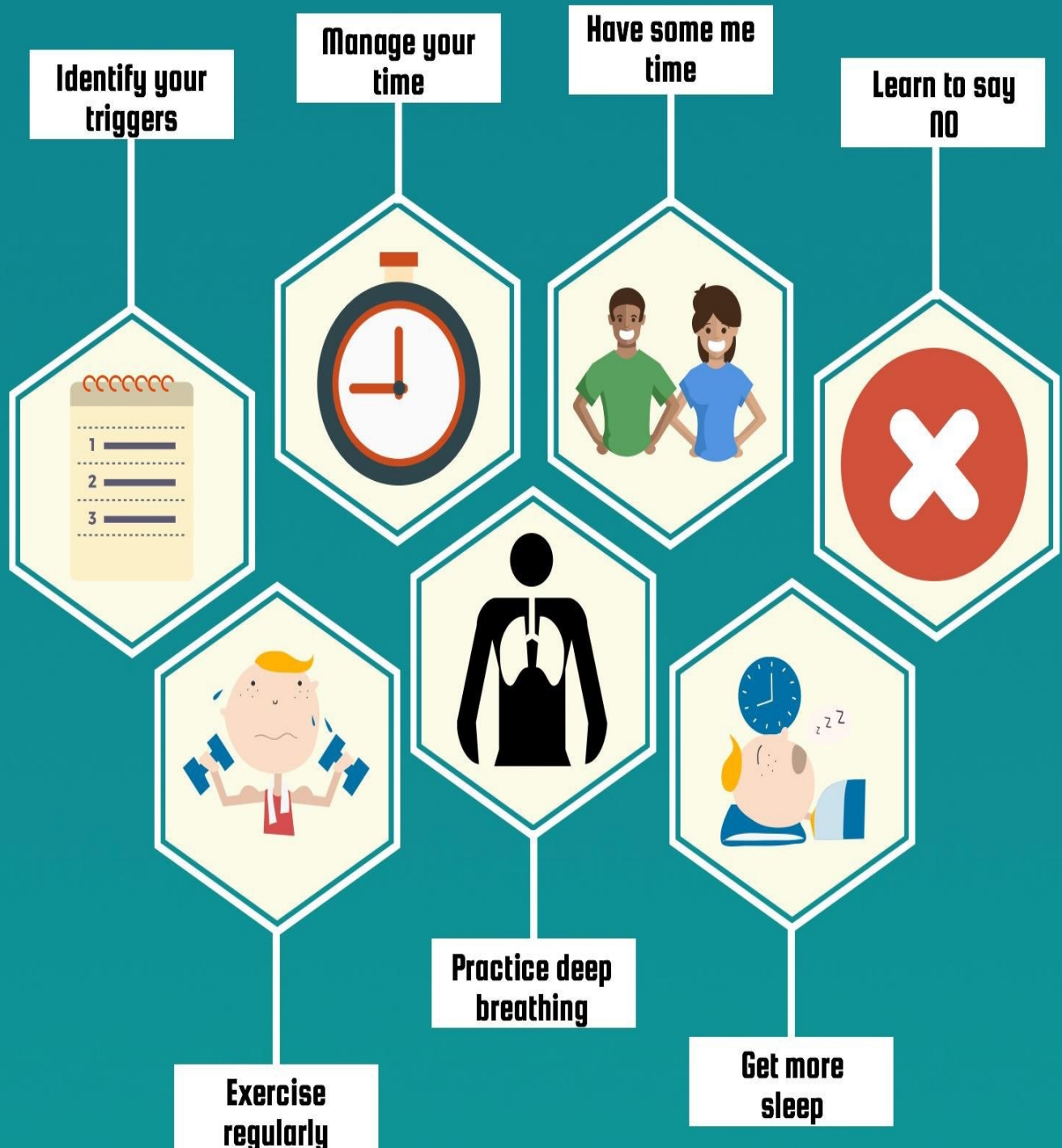


10 WAYS TO KEEP YOUR BRAIN HEALTHY

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7 TIPS FOR MANAGING STRESS



5 THINGS TO DO WHEN YOU'RE FEELING DOWN



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Talk to someone

Talk to a friend, colleague or family member about how you are feeling. Don't be afraid to express how you are feeling. It is okay to not feel okay.

Be kind to yourself

Practice some self care. Take time to really look after yourself. Switch off from social media and do something that you enjoy or gives you a sense of achievement or pleasure



Physical health

Try to maintain a well balanced diet and to stay hydrated throughout the day. Manage your energy levels, get a good nights sleep and try to stay active (exercise)

Goal setting

With a friend set some small and achievable goals of some pleasurable and engaging activities that you can achieve. Start small



Ask for help

Don't be afraid to ask for help. Asking for help is not a sign of weakness. Speak to your doctor or get in touch with a local mental health charity for support

10 THINGS TO DO WHEN YOU START TO EXPERIENCE NEGATIVE THOUGHTS



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Ask yourself is the thought that I am experiencing fact or opinion?



Once you have written down your thoughts look for the evidence for and against your thoughts



Take a breath and slow down. Try engaging in some deep breathing to reduce physiological and psychological arousal



Ask yourself "What would someone else say in this situation? What advice would I give to a friend or family member?"



Understand the impact your thoughts have on your emotions, physical sensations and behaviours



Try to come up with a more realistic or alternative perspective



Identify whether any of your thoughts can be categorised as a thinking error



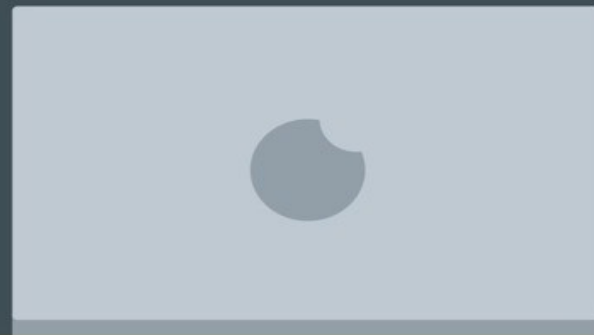
Write down your negative thoughts on a piece of paper



If you experience a negative thought try and refocus on what is you were doing



Stay in the present moment. Engage all your senses to stay present



15 COPING SKILLS TO LEARN AND USE EACH DAY

06 

Talk to someone about how you are feeling

07 

Write down your thoughts and feelings in a diary

08 

Take regularly breaks throughout the day

09 

Practice some self care

10 

Build your mental health support network

05 

Find time to regularly exercise

11 

If you are stressed try using some problem solving

04 

Challenge negative thoughts with a thought diary

12 

Use all your senses and try to engage with what you are doing

03 

Engage in some deep breathing for 5-10 minutes each day

13 

Try and stay in the present moment

02 

Have a go at some progressive muscle relaxation. It is a great way to de stress

14 

Each night write down 3 good things you have achieved in the day

01 

Identify thinking errors in negative thoughts

15 

Engage in some behavioural experiments to test out the validity of thoughts



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50 STRATEGIES TO MANAGE YOUR ANXIETY

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ENGAGE IN SOMETHING PLEASURABLE



TAKE A BREAK FROM TECHNOLOGY



ACCEPT THAT YOU HAVE ANXIETY



WHY NOT TRY DOING SOME YOGA



COME UP WITH AN ALTERNATIVE THOUGHT



PRACTICE IMAGERY TO REDUCE AROUSAL

ENGAGE IN SOME EXERCISE



TALK TO SOMEONE ABOUT YOUR ANXIETY

JOIN AN EXERCISE GROUP



BUILD A MENTAL HEALTH SUPPORT NETWORK



LIMIT THE AMOUNT OF ALCOHOL YOU DRINK



FOCUS ON THE PRESENT MOMENT



BUY A MINDFULNESS COLOURING BOOK



TRY TO KEEP THINGS IN PERSPECTIVE

DON'T BE AFRAID TO ASK FOR HELP



CHALLENGE YOUR THOUGHTS



LIMIT THE AMOUNT OF CAFFEINE YOU HAVE



LEARN WHAT YOUR TRIGGERS ARE

FOCUS ON THINGS YOU CAN CONTROL



LOOK AFTER YOURSELF



JOURNAL YOUR WORRIES



HAVE A BATH



LEARN MORE ABOUT HOW YOUR ANXIETY AFFECTS YOU



TAKE A BREAK



DISTRACT YOURSELF



WORK ON YOUR PROBLEM SOLVING SKILLS



DOWNLOAD AN APP



EXPLORE SOLUTIONS TO OVERCOME YOUR WORRIES

MAKE SURE YOU ARE EATING A BALANCED DIET



SLOW DOWN WHAT YOU ARE DOING



TAKE A DEEP BREATHE AND COUNT BACKWARDS



PRACTICE SOME DEEP BREATHING



UNDERSTAND WHEN YOU START CATASTROPHIZING

PRACTICE SOME SELF CARE

TRY SINGING



LEARN SOME PROGRESSIVE MUSCLE RELAXATION



TEST OUT THE VALIDITY OF YOUR THOUGHTS



SET ASIDE SOME TIME TO WORRY



VISUALISE A SAFE PLACE



PRACTICE SOME MINDFULNESS



TRY ENGAGING IN RATIO BREATHING



RECOGNISE THE SIGNS OF YOUR ANXIETY



CALL A FRIEND



LISTEN TO RELAXING MUSIC



MAKE SURE YOU ARE GETTING PLENTY OF SLEEP



IDENTIFY THINKING ERRORS



ASK YOURSELF: WHAT'S THE WORST THAT CAN HEPPEN

REDUCE YOUR STRESS LEVELS



MANAGE YOUR TIME EFFECTIVELY



10 TIPS TO MANAGE YOUR WORRYING



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**KEEP A WORRY
DIARY**



**TAKE A MOMENT
TO PAUSE AND
BREATHE**



**TRY AND
CHALLENGE
NEGATIVE BELIEFS**



**LEARN TO
PROBLEM SOLVE
EFFECTIVELY**



**BECOME AN
EXPERT AT
RECOGNISING
YOUR WORRIES**



**TRY AND KEEP
THINGS IN
PERSPECTIVE**



STAY IN THE MOMENT



**GIVE YOURSELF
TIME TO WORRY.
ALLOCATE "WORRY
TIME" IN YOUR DAY**



**IF YOU ARE
STRUGGLING ASK
FOR HELP. TALK
TO SOMEONE**



**ASK YOURSELF: WHAT IS
THE EVIDENCE THAT THIS
THOUGHT IS TRUE?**

8 REASONS WHY IT'S IMPORTANT TO SWITCH OFF FROM TECHNOLOGY



Unplugging and switching off from technology could help to improve your sleep



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Being on social media all the time can cause feelings of jealousy and loneliness. Switching off can be good for your mental health



Unplugging could give you time for yourself to recharge and rest



You are likely to be more present with what you are doing



Switching off from technology could help to boost your productivity. You might find yourself getting more done

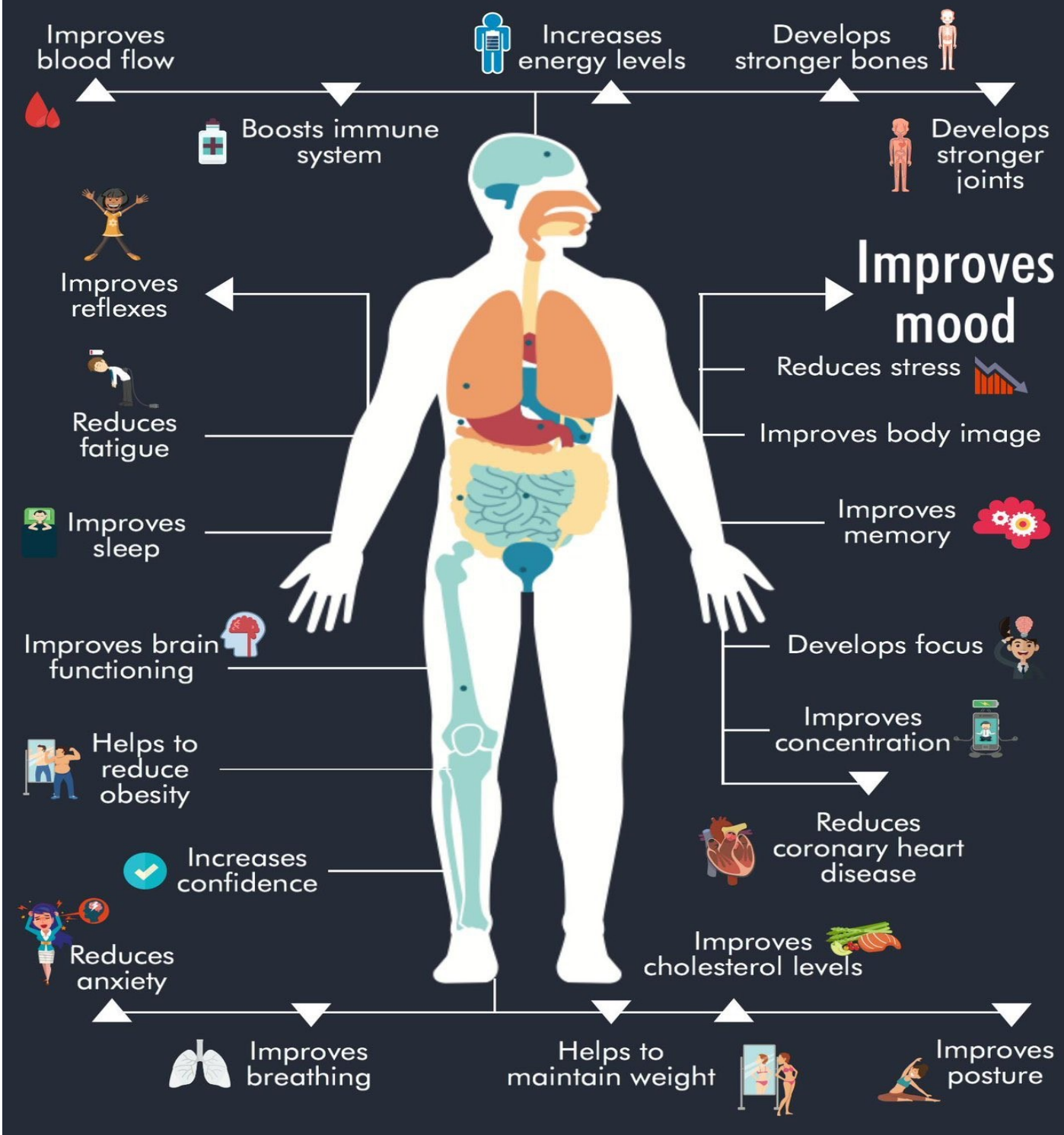


Connecting with people is really important for our wellbeing. Try doing it in person rather than through an app



Quality of life can be improved. You will find more time to exercise, see friends, cook more and even engage in your hobbies

Why is it important IMPORTANT TO BE ACTIVE EVERY DAY



HOW TO IMPROVE YOUR SLEEP ENVIRONMENT



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LIGHT

Try using blackout blinds to make your room darker



HELPFUL GADGETS

Why not ditch the alarm clock for a SAD lamp so light is your wake-up call?



WORRIES

Have a notebook near your bed so you can write down any worries before you sleep



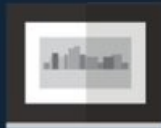
LAPTOP

Keep work items separate and outside of your bedroom



SOUND

Turn off your tv and try to develop a quiet bedroom environment



TEMPERATURE

Make sure there is enough air circulation and you find the right temperature to help you sleep



PHONE

Avoid using your phone before bed

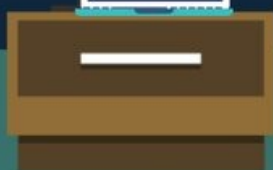
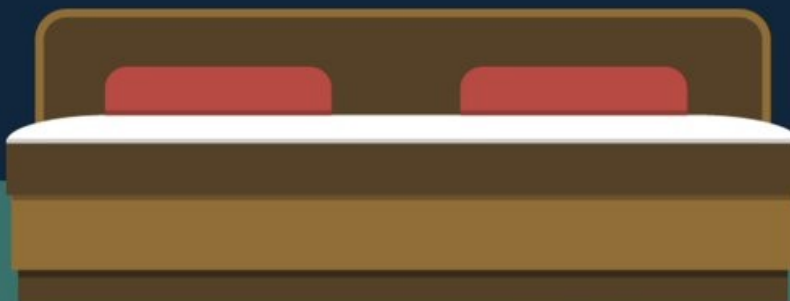


MATTRESS

Take time to find the best mattress for you. Make sure it is supportive and comfortable.

BEDDING

Don't forget about finding some comfortable bed sheets and duvet



20 TIPS TO BUILD YOUR RESILIENCE

LOOK AFTER YOURSELF

LEARN FROM MISTAKES

BUILD POSITIVE RELATIONSHIPS

KEEP CHALLENGING YOURSELF

FORGIVE YOURSELF

LEARN TO PROBLEM SOLVE EFFECTIVELY

DEVELOP A STRONG SOCIAL NETWORK

NEVER GIVE UP

CHALLENGE THOSE NEGATIVE THOUGHTS

PUT THINGS INTO PERSPECTIVE

LEARN FROM DIFFICULT SITUATIONS

DON'T BE AFRAID TO FAIL

DON'T BE AFRAID TO TAKE RISKS

WORK ON YOUR STRENGTHS

PAY ATTENTION TO YOUR OWN NEEDS

BE OPTIMISTIC

SET GOALS YOU CAN ACHIEVE

BE CONFIDENT IN YOURSELF

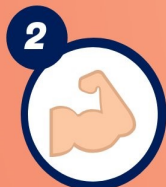
SPEND TIME REFLECTING

PAY ATTENTION TO YOUR FEELINGS

HOW TO PUT YOUR STRENGTHS INTO ACTION



Ask for support from a friend or relative. "How would a good friend or family member describe me?"



Ask yourself: What positive qualities do I have? What do I like about myself? What are some of the goals I have achieved?



Spend some time to make a list of all your strengths and positive attributes



Think of past experiences of when you used some of your top strengths



Write down how you used your strengths in that past experience



Shift to the present moment and every day activities



Identify opportunities each day when you can use some of your strengths



Ask yourself: "What positive attribute does that situation show in you?"



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10 WAYS TO BOOST YOUR CREATIVITY



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LOSE YOUR PRIDE

If you're not worried who gets the credit for creativity, then you'll love building new ideas with other creatives



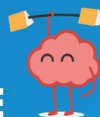
STAY CALM

Get in control of your thoughts and emotions. Learn some relaxation techniques to keep your mind and body under control



GO NATURAL

Even pictures of nature inspire people's minds to be more creative. Better still, get out in the wild!



MOVE MORE

Research shows people come up with more ideas after even minimal activity

USE YOUR HANDS

Working with materials and models will help you create more ideas



COMFORT ZONE

Don't be afraid to push yourself out of your comfort zone. Get comfortable with being uncomfortable



ENERGY

Manage your energy levels effectively by eating a well balanced diet and staying hydrated throughout the day



SEARCH FOR EVIDENCE

Get a list of all the times in the past when you've come up with creative solutions to things



TAKE A BREAK

Stop and pause for a moment. Take a break to refresh your body and mind



HANG OUT WITH CREATIVE PEOPLE

Who are your most creative friends? Go and spend some time with them and pick their brain about what helps them be creative

