

Mental Health Matters



10 Mental Wellbeing Tips For Everyone

Mental wellbeing is the foundation of how we cope, connect, and carry on. Life can be unpredictable, and these core habits offer small ways to support yourself daily — whatever your circumstances. This resource is part of our Mental Health Matters Toolkit.

- ✓ **Create a Daily Routine-** your day, your routine, work it your way but find a pattern that works for you.
Benefit: Reduces anxiety and adds structure to your day.
Knowing what comes next can help you feel more in control.
- ✓ **Stay Connected-** make a phone call, write a letter, meet up in person if possible.
Benefit: Boosts mood and helps you feel less isolated.
Regular conversations — even short ones — remind you that you're not alone.
- ✓ **Move Your Body-** even small movements and stretches help. Do what you can, but do it often.
Benefit: Releases endorphins that lift your mood.
Exercise helps reduce stress and improves sleep, too.
- ✓ **Prioritise Sleep-** if an early night feels too much, aim for 10 minutes earlier to start with and build up from there.
Benefit: Restores energy, improves focus, and supports emotional balance.
Good sleep is a quiet but powerful tool for wellbeing.
- ✓ **Eat Well-** thinking about your food choices at the start of the week can help create healthy eating habits.
Benefit: Fuels your brain and helps stabilise mood.
Balanced meals support both mental and physical health.
- ✓ **Take Breaks-** plan these into your day and ask others to help you be accountable.
Benefit: Prevents burnout and supports clear thinking.
Even short pauses help your brain reset.
- ✓ **Practice Mindfulness-** start simple by being aware of your thoughts, feelings, body sensations and breathing patterns.
Benefit: Reduces stress and improves focus.
Simple breathing or being present can create calm in busy moments.
- ✓ **Limit News and Social Media-** start by not looking at social media and news during your wind-down time and then diversify your news outlets and feeds for a balanced perspective.
Benefit: Protects your mental space and reduces feeling overwhelmed.
Boundaries help you feel more in control of your emotions.

- ✓ **Do What You Enjoy**- find what brings you joy and happiness and add this to your daily planner, even if for only a short period each day.
Benefit: Sparks joy and gives your brain a break from stress.
Creative or relaxing activities boost motivation and positivity.
- ✓ **Ask for Help**- if that feels difficult to do, start by practicing your 'ask' in front of a mirror to help you pluck up the confidence. Remember, help is always around you.
Benefit: Brings relief and reminds you that support is available.
Reaching out is a strength, not a weakness.

These wellbeing tips are simple, practical actions that can help you feel more balanced, supported, and in control — even during unpredictable or demanding times. Whether you're working remotely, managing shift patterns, or navigating everyday life, looking after your mental wellbeing is not just something to do when things go wrong — it's something we can build into how we live and work every day.

Remember, wellbeing isn't about getting it right all the time. It's about making space for what restores you, recognising what you need, and knowing that small, consistent steps can have a powerful impact over time. No one approach fits all — the key is finding what works best for you, allowing yourself the flexibility to adapt when life shifts and asking for help when you need it.

Need to talk to someone? Click [here](#) to access a range of support that's right for you.