

Mental Health Self Care Guide



Mental Health conditions affect 1 in 4 people in the UK. Anyone can suffer from a mental health condition & many celebrities have spoke about their experiences; from Prince Harry, Adele, J.K Rowling & Mariah Carey. Mental health conditions can affect anyone at anytime, but there are steps we can take to promote our own mental health.



Try to get around 8hrs of quality sleep each night

Try to minimise the amount of sugar in your diet



Enjoy time outside, whether walking, gardening or something else

Avoid using alcohol or other substances as your way to relax



Helpful ideas

Talk to friends and family about your thoughts and worries.

Seek professional or specialist advice. This could be about money as well as how you feel.

Journal daily or create an emotional log.

Make time for yourself, whether 30 mins for a long bath or reading in the evening.

Spend time in nature, whether in your garden, in a park or doing a country walk.

Focusing on the present, rather than thinking about the past or future worries.

Helpful Numbers

- **The Samaritans** - A listening service.
Phone: 116 123
- **Shout** - Personal crisis support line.
Text - 85258
- **Support Line** - Emotional support service.
Phone - 01708 765200





The NHS also has services which can be accessed via your G.P. You can find out more via this QR Code







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Ensuring we not only get enough sleep, but good quality sleep directly affects your mood. Try to:

-  Minimise the use of screens 60 minutes prior to sleeping, the blue light from our screens stops our bodies from producing our sleep hormones.
-  Go to bed and wake up at approximately the same time each day. This helps our bodies regular our sleep hormones.
-  Try to avoid caffeine or high sugary foods/drinks after midday as these negatively interact with our circadian rhythm (our sleep rhythm).
-  Enjoy a bath or shower prior to going to bed to start relaxing. Using magnesium lotion can also help promote good quality sleep.

Ensuring we eat a nutritionally dense diet is key to promoting our sleep, maintaining our mood and enjoying life. Try to:

-  Minimise fast food & sugary snacks and drinks. These cause our blood sugars to spike, and when they crash, our mood falls with it.
-  Eat healthy foods our brain loves like nuts, avocados, salmon, blueberries, dark chocolate (which has a lower sugar volume than white or milk chocolate).
-  Avoid alcohol as a relaxant. Alcohol can help us go to sleep, however it negatively affects our quality of sleep, preventing our brain from much needed resting and repairing.
-  Try to eat low glycemic foods which delivers sugar to our bodies slowly, giving you energy but not any blood sugar spikes. Foods like beans, porridge, fruits, vegetables and wholegrain foods are excellent for this.

Ensuring we get time outside and some exercise is key to promoting our sleep patterns, our mood and our physical health too. But we don't need to be hitting the gym. Try to:

-  Spend around one hour outside a day, weather permitting! However sitting under shelter but still feeling the fresh air and hearing nature can be just as relaxing.
-  Walking is a great exercise for our heart as we reduce our stress hormones when we do it. Try taking leisurely walks on days off, somewhere quiet like a country or local park. Finding time to enjoy the present moment is key as it allows a sense of calm.
-  Growing or caring for plants, pets or others is an amazing activity which boosts our sense of wellbeing, connection and self worth.