



5 TOP TIPS FOR MENTAL WELLBEING

Taking care of our mental health is essential for everyone, whether or not we're living with a mental illness. Just as we look after our physical health, there are steps we can all take to support our mental well-being and handle life's challenges. Here are five simple tips to help you do just that.



Version 1.0



1

Communication

Staying connected is vital for our well-being, so make an effort to regularly share how you're feeling. This can be as simple as:

- Talking with a friend, partner, or colleague
- Sending a quick text or email, or making a call

Our social circles often double as our support networks. Having people who are there for you—whether to laugh with you or lend support when times are tough—plays a big role in maintaining good mental health.

Our social connections are invaluable for mental health. Having people who understand and accept us provides a sense of security, support, and resilience in facing life's challenges. Your support network doesn't need to be large—sometimes, even one or two reliable people can make a profound difference. This network offers:

- **Emotional Support:** Friends who listen without judgment help us process our thoughts and emotions, offering clarity and calm.
- **Celebration of Successes:** Close friends or family aren't just there for tough times; they also share in your achievements, both big and small.
- **Accountability:** Trusted people can encourage you to take positive steps, whether trying new activities or setting healthy boundaries.

Building and nurturing these relationships is worth the effort. Consider reconnecting with a friend, attending community events, or joining group activities—each connection strengthens your support network, enriching both your life and theirs.



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Sometimes I need to remind myself that the things causing me anxiety or tension are often due to misunderstandings. Knowing I have supportive people around me makes it easier to manage. Talking through the issue helps ease my stress and lifts my mood.

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Make life better for others

Supporting others is not only a powerful way to make a positive impact but also benefits our own well-being. Whether through a big gesture or a small act of kindness, helping someone gives us a sense of purpose and boosts self-worth. By offering support, we foster empathy, strengthen social connections, and create a positive ripple effect in our communities.

Studies show that giving support can release “feel-good” hormones, lower stress, and even improve physical health by reducing blood pressure and increasing happiness. Kindness doesn’t need to be grand to make a difference; simple gestures can brighten someone’s day and remind them they’re cared for.

Here are a few ideas to get started:

- **Lend a Helping Hand to a Neighbour:** Small gestures, like helping with groceries or having a friendly chat, can brighten someone’s day and make a real difference.
- **Check in with a Friend or Family Member:** A quick message or call to someone who may be facing challenges can show them they’re cared for and supported.
- **Volunteer for a Cause:** Volunteering offers a structured way to help others while also building your own skills and connections. Many communities have opportunities in food banks, animal shelters, or mentoring programs.



“ I volunteer at my synagogue during the refugee drop-in, where I play games with the children. It’s a lot of fun, and the parents are grateful for some time to themselves. I also learn a lot from the kids. Once, a child started listing all the things that make them happy and invited me to join. It was such a positive exercise that I now use it whenever I’m feeling down or dealing with my OCD. ”

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Feed your creative side

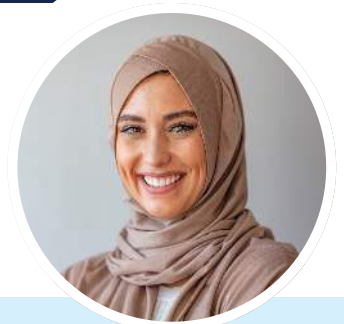
Engaging in creative activities—like listening to your favorite music, painting, or writing—is a wonderful way to support mental well-being. Creative outlets allow us to express emotions, relieve stress, and stay present in the moment. These activities give us space to unwind and take a break from daily demands, helping us feel calm and balanced.

Creative hobbies also boost confidence and encourage personal growth. Exploring new creative pursuits, whether painting,

Creative activities like playing an instrument, writing, cooking, crafting, or gardening can bring a refreshing sense of purpose and accomplishment. Tracking your progress in a new hobby can also be highly rewarding.

These activities provide a great way to connect with others. Sharing your work, exchanging ideas, or collaborating with friends and family can enhance the benefits, creating a sense of community and support. Joining a group, like a writing club, art class, or music ensemble, helps build connections over shared interests and can inspire even more motivation and joy.

Creative hobbies also encourage mindfulness, which is essential for mental well-being. When we're fully engaged in creative work, our minds focus on the present moment, helping to quiet anxious or stressful thoughts. This "flow state" brings a deep sense of satisfaction and fulfillment, as we become completely absorbed in what we're doing.



“ I find the act of creating something incredibly calming because it helps focus my mind. It's also a great way to express myself, whether by writing a poem or framing a photo to capture my feelings. There's a real sense of satisfaction in seeing my ideas and efforts come together in a finished piece. ”



Maintain a healthy lifestyle

A balanced and varied diet is key to supporting both physical and mental well-being. Eating regular, nutrient-rich meals helps stabilize blood sugar, preventing mood swings, reducing irritability, and maintaining steady energy levels throughout the day. Staying hydrated is equally important—drinking plenty of water boosts concentration, sharpens thinking, and supports cognitive function.

Incorporating a range of foods into your diet ensures you're getting the essential nutrients needed for optimal body and mind performance. Fresh fruits and vegetables, whole grains, lean proteins, and healthy fats provide vital vitamins, minerals, and antioxidants that promote overall health, protect against illness, and enhance mental clarity.

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Including a variety of foods in your diet guarantees you're getting the necessary nutrients for optimal physical and mental performance. Fresh fruits and vegetables, whole grains, lean proteins, and healthy fats provide essential vitamins, minerals, and antioxidants that promote health, protect against illness, and boost mental sharpness.



“ Making positive changes to my diet, like eating more fruits and vegetables and having three balanced meals a day, can really help reduce my anxiety. Consuming too much sugar or alcohol can disrupt my energy and mood. I try not to deprive myself, but instead, I focus on adding things that make me feel healthier, such as fresh vegetables and fish. ”



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Keep active

Staying active greatly benefits both our physical and mental well-being. Regular exercise supports cardiovascular health, strength, and flexibility, while also improving mood, reducing stress, and enhancing sleep quality.

Activities like brisk walks can clear the mind, yoga helps calm and center your thoughts, and a high-energy boxing session or jog provides a powerful way to release built-up stress and tension.

The key is to find activities you truly enjoy, making it easier to stick to a routine. Physical activity doesn't have to feel like a chore—anything that gets you moving counts. Whether it's dancing, swimming, hiking, cycling, or playing a sport you love, all these activities offer the same benefits. When you add enjoyable movement to your daily routine, exercise becomes a chance to unwind and recharge, rather than just another task on your to-do list.

If motivation is a struggle, try planning an activity with a friend, family member, or colleague. Exercising together adds a social element, making it more fun and helping you hold each other accountable. Whether it's a morning walk, weekend hike, or after-work yoga class, having a workout buddy can provide the encouragement needed to keep moving, even when motivation is low.

Incorporating movement into your life doesn't have to be intense or time-consuming to make a difference. Even short bursts of activity can boost endorphins—the "feel-good" hormones—lifting your mood and helping you feel more centered and productive. By prioritizing staying active, you're investing in a more balanced, resilient, and energized version of yourself.



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I started running five years ago, after living with depression for about 30 years. Running gives me the space to think and time to process what's happening in my life. I've also made new friends through it, who offer support and encouragement.

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