

## StairSteady's tips to look after your mental health:



- ❖ Eat a balanced diet and drink sensibly: Improving your diet can protect against feelings of anxiety and depression.
- ❖ Maintain friendships: Just listening and talking to friends who are feeling down can make a huge difference. So make sure you devote time to maintaining your friendships both for their sake and your own.
- ❖ Maintain close relationships: Close relationships affect how we feel – so nurture them and if there is a problem within a relationship, try and resolve it.
- ❖ Take exercise: The effects of exercise on mood are immediate. Whether it is a workout in the gym or a simple walk or bike ride, it can be uplifting. Exercise can also be great fun socially.
- ❖ Sleep: Sleep has both physical and mental benefits. Physically it is the time when the body can renew its energy store but sleep also helps us to rebuild our mental energy.
- ❖ Laugh: A good laugh does wonders for the mind and soul.
- ❖ Cry: It is good to cry. Even though it may feel terrible at the time, a good cry can release pent up feelings, and people often feel better afterwards.
- ❖ Ask for help when you need it: The longer you leave a problem, the worse it will get. Don't be scared to ask for help from a family member, friend or professional.
- ❖ Make time for you: Do you sometimes feel like you have no time for yourself? Make time for your hobbies and interests.
- ❖ Remember, work isn't everything: Ninety one million working days a year are lost to mental ill-health in the UK so take it easy.

[\(http://www.mentalhealth.org.uk/\)](http://www.mentalhealth.org.uk/)