

Mental Health & Mindfulness



What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.



5 Steps to Improve Mental Health & Wellbeing

1

Connect with Other People

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

2

Be Physically Active

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood
- Read about exercise guidelines and workouts to help improve your fitness and wellbeing

3

Learn New Skills

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

5 Steps to Improve Mental Health & Wellbeing

(cont.)

4

Give to Others

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community

5

Pay Attention to the Present Moment (*mindfulness*)

- Attention to the present moment
- Thoughts and feelings
- Your body
- The world around you

Connect with Others

DO

Be with Family

Be with Friends

Talk with Others

Play Games

Volunteer

Stay in Touch
with those who
live far away
(FaceTime)

DON'T

Rely on Technology for your
only means of
communication with others

Be Physically Active

DO

Exercise

To improve fitness
and get you
moving

Increase Muscle
Strength

Improve Balance

Reduce Joint Pain

Find Activities
you enjoy and
make them part
of your life

DON'T

Feel you have to spend
hours in a gym

Learn New Skills

DO

Try learning something new

Work on a DIY project

Try new hobbies that challenge you

Try taking on a new responsibility

Signing up for a course at a local college

Find activities you enjoy and make them a part of your life

DON'T

Feel you must learn new qualifications or sit exams if this does not interest you

Give to Others

DO

Say thank you to someone for something they have done for you

Spend time with friends or relatives who need support or company

Volunteer in your community

DON'T

Deny yourself

Hold back on taking a vacation or break when needed

Be afraid to reach out for support

Pay Attention to the Present Moment (*mindfulness*)

DO

You enjoy life

Understand
yourself

“Mindfulness”

DON'T

Ignore your own health –
physical, emotional, spiritual, and
mental

Mindfulness Exercises

Meditation exercises can reduce or eliminate:

Stress

Anxiety

Pain

Depression

Insomnia

High blood pressure (hypertension)

Meditation may also help people with asthma and fibromyalgia

Meditation - Thoughts and Emotions



Improve attention



**Decrease job
burnout**



Improve sleep



**Improve diabetes
control**



TED Talk Video-
What is Selfishness?

RESOURCES



Mayo Clinic- <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>



MENTAL HEALTH FOR PROVIDERS - <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



*Thank you and
be kind to yourself!*