



Activity 3 – 10 Ways to Look After Your Mental Health group discussion

What you need

Print off enough copies of the 10 Ways to Look After Your Mental Health – see below – for each member of your team.

How long it takes

20 minutes.

How to do it

Give everyone a copy of the 10 Ways to Look After Your Mental Health and explain: “It’s important to take care of yourself and get the most from life. Mental health is about the way you think and feel and your ability to deal with ups and downs.”

As a team look over the Mental Health Foundation’s 10 Ways to Look After Your Mental Health and discuss how as colleagues you can support each other to make choices that promote positive mental well-being.

Follow up action

You may also wish to put together a Team Charter – outlining the promises you have made to each other.

Email your Team Charter to michelle.ewen@5bp.nhs.uk

If you are happy for us to do so, we will highlight your Team Charter within the Employers’ section of our campaign website at www.stampoutstigma.co.uk as an example of good practice.

10 Ways to Look After Your Mental Health

Talk about your feelings Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

Eat Well There are strong links between what we eat and how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.

Keep in Touch Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and help you solve practical problems.

Take a Break A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work or a weekend exploring somewhere new. A few minutes can be enough to de-stress you.

Keep Active Experts believe exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise also keeps the brain and your other vital organs healthy.

Accept Who You Are Some of us make people laugh, some are good at maths, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different.

Drink Sensibly We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

Ask for Help None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.

Do Something You're Good At What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

Care for Others Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.