

# Helping your body and mind



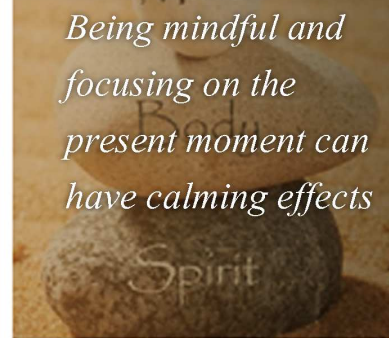
## Sleep hygiene



*To improve your mood and functioning*

## Practice relaxation

*Being mindful and focusing on the present moment can have calming effects*



## Eat healthy food and drink plenty of water

*To ensure that your physical and mental health is looked after*



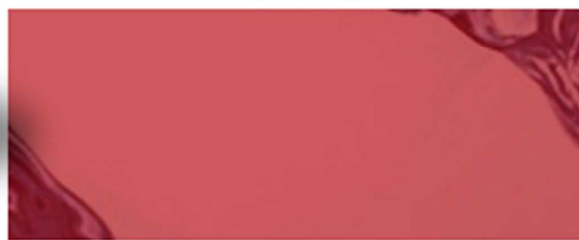
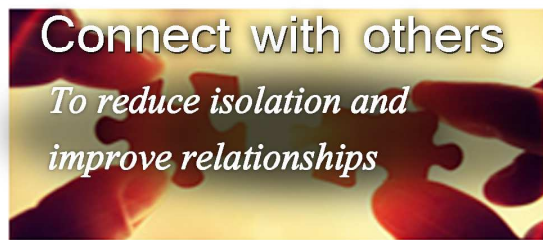
## Exercise

*Physical activity can help to improve your mood*



## Connect with others

*To reduce isolation and improve relationships*



Improving in these five areas will improve your emotional wellbeing

## Sleep hygiene

Sleep at regular times in a good routine.  
Try to have a relaxing evening; for example, a warm bath, reading a book, listening to music.

Make your room sleep friendly and relaxing.  
Keep a sleep diary to monitor your sleep.

Try to avoid napping as this can make it harder to sleep at night time.

Use your bedroom for sleeping.

Try to come off technology and screens one hour before bed as this can keep your brain alert.

'NHS England'

## Healthy eating

Aim to eat five fruits or vegetables a day

Eat less saturated fat and sugar.

Drink plenty of water to keep hydrated.

Try to have breakfast to fuel the body.

Try a variety of healthy foods.

Aim to eat together as a family to encourage communication.

Food can affect your mood; giving your body healthy food can give you energy and help you to think more clearly.

'NHS England'

## Practice relaxation

Take a break and step away for a moment.  
Run a bath, watch a film, read a book, take a walk, get creative.

Focus on your breathing; Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.

Spend time with nature.

Picture yourself being somewhere peaceful.

'Mind.org'

## Connect with others

Building relationships can improve our mental wellbeing.

If possible, take time each day for 'family time'

Arrange to see friends.

Switch off the TV, iPads and phones and talk to each other or play a game.

Take up a hobby or a new interest.

Try to limit screen time in the home.

Eat dinner together as a family.

'NHS England'

## Exercise

Try to make it fun and enjoyable.

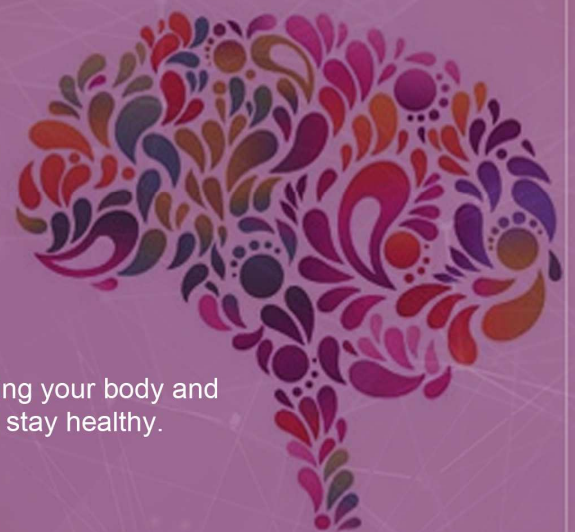
Anything that gets you moving counts as physical activity.

Physical activity can help with mild low mood.

Exercising regularly improves your fitness, self-esteem, health, strengthens your muscles and raises your heart rate.

Try to walk more often.

'NHS England'



Helping your body and mind stay healthy.