

Discover simple steps to help you relax

Can't relax?

Difficulty relaxing can lead to sleep problems. Poor sleep can make us feel low, irritable and less alert. This can make manageable tasks harder. The better our sleep, the better our energy levels, mood and ability to concentrate.

There are simple things we can do to improve our sleep. Getting in some physical activity during the day can really help. You could do a simple home workout or take a walk around the block to get started.

Actions:

- Getting active during the day
- Try to wind down and avoid vigorous activity before bedtime
- Follow a regular sleep routine, it will help to regulate your body clock

Create your action plan

There are many things you can do to look after your mental health and wellbeing.

Answer the 5 questions in the interactive quiz to get your free plan with tips and advice for you. Now tailored for the coronavirus (COVID-19) outbreak.

Every Mind Matters will provide you with:

- A range of practical tips, apps and resources to help you look after your mental health
- Expert advice on how to spot the signs of common mental health concerns
- Connections to local services and activities to improve your wellbeing
- Information about helplines and charities if you need more support.

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