

Discover simple steps to look after your mental health

Everyone knows that feeling, when life gets on top of us. We feel stressed, low, anxious or have trouble sleeping.

That's why Every Mind Matters is here to help get you started with a free action plan, showing you the simple, practical things you can do to look after your mental health.

There is advice to help you sleep better, manage the challenges to your mental wellbeing of Covid-19, reduce anxiety and boost your mood.

Anxiety

Anxiety occurs when our worries go into overdrive. It affects lots of us and can be overwhelming.



Actions:

- Spend some quality time with supportive friends, family or colleagues, or speak to a volunteer on a helpline; this can help you feel more relaxed and settle your worries.

Sleep problems

Poor sleep can make us feel low and irritable. The better our sleep, the better our energy levels, mood and ability to concentrate.

Actions:

- Try to wind down before bedtime.
- Follow a regular sleep routine; it will help to regulate your body clock.

