

10 Tips

to Improve Your Mental Health

Connect with Others:

fosters a sense of belonging and reduces feelings of isolation

Be Physically Active:

releases endorphins that improve mood and reduce anxiety

Build Social Connectedness:

increases support networks protective for mental health

Learn New Skills:

boosts confidence and cognitive function, enhancing mental resilience

Set Personal Goals:

provides accomplishment and motivation, enhancing self-esteem.

Maintain Healthy Sleep and Nutrition:

supports brain function and emotional stability.

Give to Others:

creates positive feelings and a sense of purpose

Practice Mindfulness:

reduces stress and promotes emotional regulation

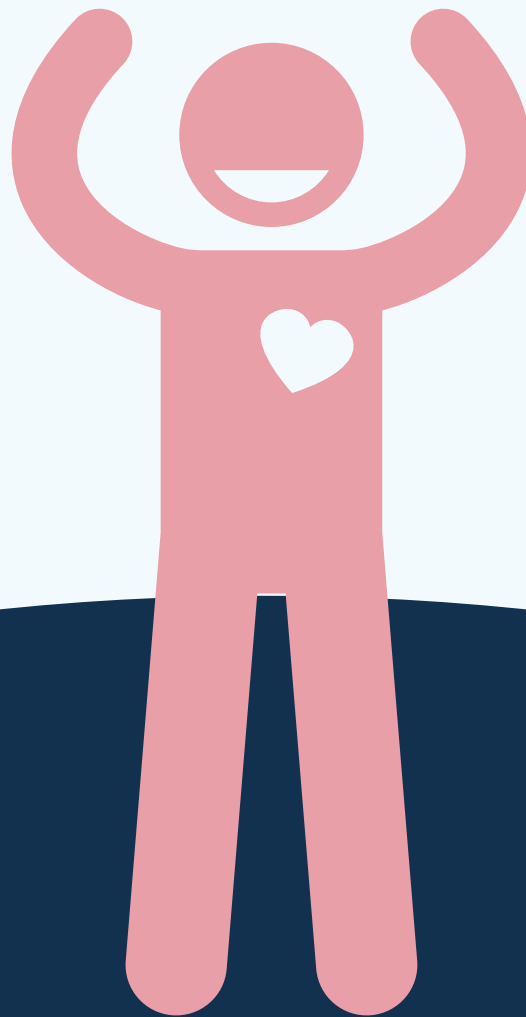
Spend Time In Nature:

reduces stress and promotes relaxation

Use Evidence-based

Therapies:

teaches coping skills that help manage distress



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"5 Steps to Mental Wellbeing." NHS Choices, NHS, 16 Dec. 2022, www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/.

"Our Best Mental Health Tips - Backed by Research." Mental Health Foundation, www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips. Accessed 30 June 2025.