



# MENTAL WELLBEING



## Mental Wellbeing

Anyone can experience a mental health issue, at any point in their life. You do not have to deal with these problems alone.

Looking after our mental wellbeing helps us stay healthy. It affects how we think, feel, and deal with everyday challenges. When we take time to understand our emotions, it becomes easier to manage stress, handle change, and stay steady.

Good mental wellbeing doesn't mean being happy all the time—it means having the right support and tools to get through tough times and enjoy the good ones.

## Tips to Encourage Healthy Minds

- **Name your emotions**

We can experience mental health challenges in many different ways. Whatever you're feeling, naming your emotion can help you understand it better and deal with it in a healthy way.

- **Talk about your experiences and connect with others**

Reaching out for help shows strength. Sharing what you've been through can help others understand your situation, make you feel less alone, and bring some relief.

- **Identify what triggers you**

Working out which people or situations make your mental health worse can help you understand what you might need to do to lower your anxiety and cope better with past trauma.

- **Seek professional help**

If you're finding things difficult, have experienced trauma, or your mental health is affecting your daily life, it's okay to ask for professional help. You don't have to manage it on your own.

# Wellness Checklist

## Basic Needs

- Have I eaten something in the last 4 hours?
- Have I had enough water today?
- Have I brushed my teeth?
- Have I showered or washed my face/body?
- Am I wearing clean and comfortable clothing?

## Body and Movement

- Have I stretched, walked or moved a little?
- Have I taken any medications I need?
- Is there any tension in my body I could release?

## Emotional Check-In

- Have I named how I'm feeling right now?
- Have I spoken kindly to myself today?
- Have I reached out to someone (family, friend, support group)?
- Do I need a good, laugh, cry, deep breath?

## Comfort

- Have I done something that brings me comfort (music, blanket, pet)?
- Have I done something that gives me a sense of achievement, even if it's small?

**Box Breathing Activity** – this can help you manage stress and improve your focus.

Sit upright in a comfortable position with relaxed shoulders.

Imagine tracing the four sides of a square as you breathe in, hold, breathe out and hold.

## Steps

Breathe out fully.




Breathe in through your nose for 4 seconds.

Hold for 4 seconds.

Breathe out through your mouth for 4 seconds.

Hold for 4 seconds.

Repeat until you feel calmer.

<b>Inhale</b> 	<b>Hold</b> 
<b>Exhale</b> 	<b>Hold</b> 