



Mental Health Allies

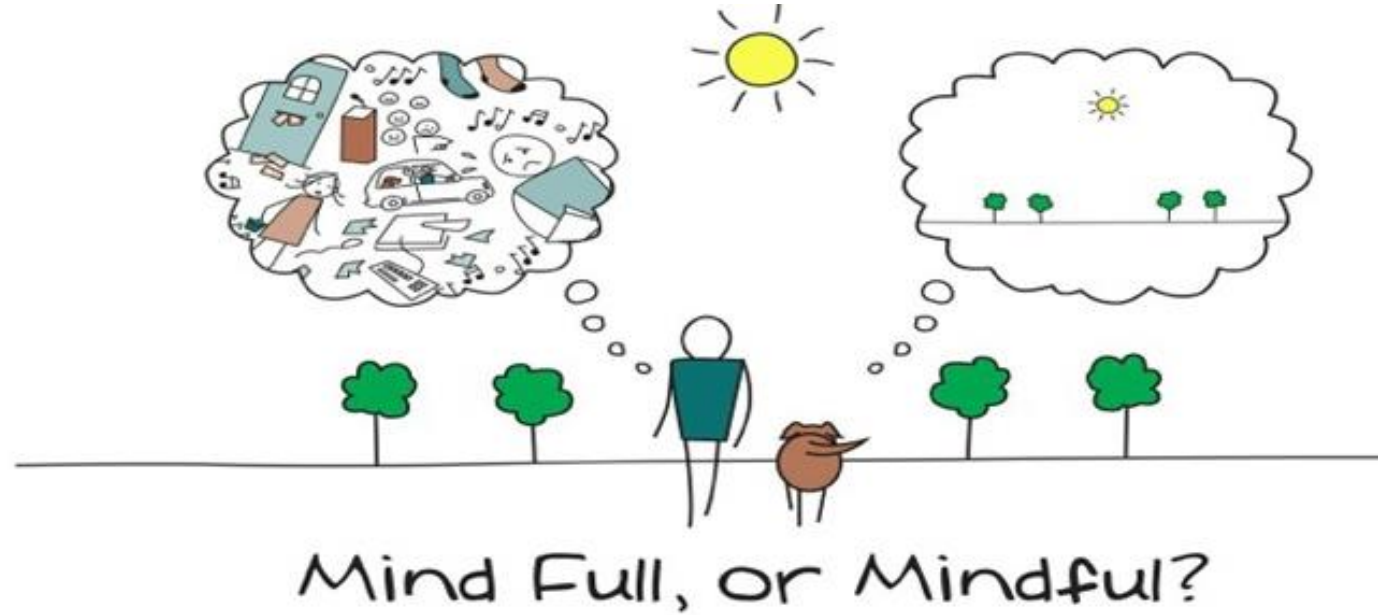
Promoting Your Mental Wellbeing

Tools and Techniques

- Mindfulness



PAM
Wellbeing



It is paying attention to the present moment in a non judgemental way.



- Nutrition



PAM
Wellbeing

- **Maintain stable blood sugar levels** to reduce 'sugar crashes'.
- **Ensure optimum levels of Omega-3**
- **Selenium** found in Brazil nuts, oily fish and oats has been shown to decrease anxiety and improve mood.
- **Ensure good levels of Vitamin D**



- Exercise



PAM
Wellbeing

- Exercise such as yoga, can improve heart rate patterns by **activating the body's "rest and relaxation" response** and relieving stress.
- Moderate exercise such as jogging or gentle cycling can have a positive effect on mood by **balancing stress hormones** within the body.





Steps to Improve Your Sleep

1. Adopt a consistent bed time

Maintains the timing of your internal clock.

2. Create the Right Setting

Cool, dark comfortable environment.

3. Find inner calm

Practise deep breathing, read, stretch.

4. Digital Disconnect

Shut off technology an hour before bed.

5. Avoid Alcohol

You have had a long busy day. A drink or two will help you sleep, won't it?



Five Ways to wellbeing

- Research has shown that resilient, more positive people tend to practice these things regularly, as part of their daily life.
 - **Connect with others** - They go out of their way to stay in contact with old friendships, deepen the relationships they have and actively seek to meet new people.
 - **Learn something new** - They see life as an adventure, seek new hobbies or interests and enjoy having new experiences.
 - **Practice mindfulness** - They focus on the present, pay attention to the moment and find time to relax.
 - **Take part in physical activity** - This boosts mood and productivity.
 - **Give** - It is rewarding to find ways to serve the world around you.





PAM
Wellbeing
Limited



- What will you commit to in order to develop your mental health?
- Why not commit one hour to do something you enjoy this week!