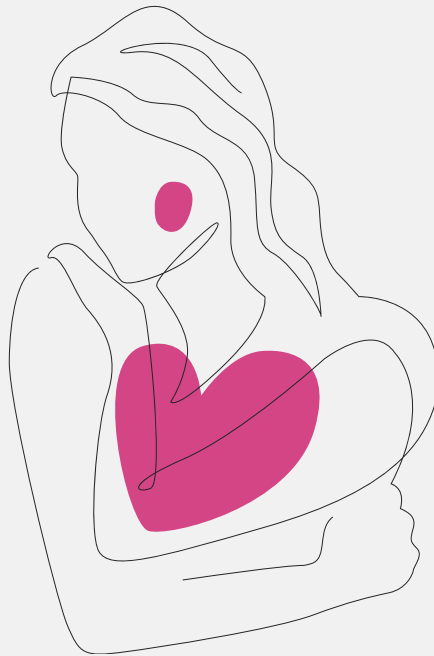


SELF CARE

Self-care is one of the most important steps in maintaining our mental wellbeing. There isn't a 'one size fits all' approach when it comes to meeting our self-care needs as everyone is different. There are however several things we can be doing to look after our mental health and wellbeing. We've created a tool to help you think about areas in your life that you might like to improve that can give a boost to your mental wellbeing and give some suggestions of how you could go about doing this.



Check In

How are you feeling?

Not
Good

1

2

3

4

5

Really
Good

Break**even**

SPENDING TIME WITH PEOPLE

Self-care is one of the most important steps in maintaining our mental wellbeing. There isn't a 'one size fits all' approach when it comes to meeting our self-care needs as everyone is different. There are however several things we can be doing to look after our mental health and wellbeing We've created a tool to help you think about areas in your life that you might like to improve that can give a boost to your mental wellbeing and give some suggestions of how you could go about doing this.

Here are some things you could try:

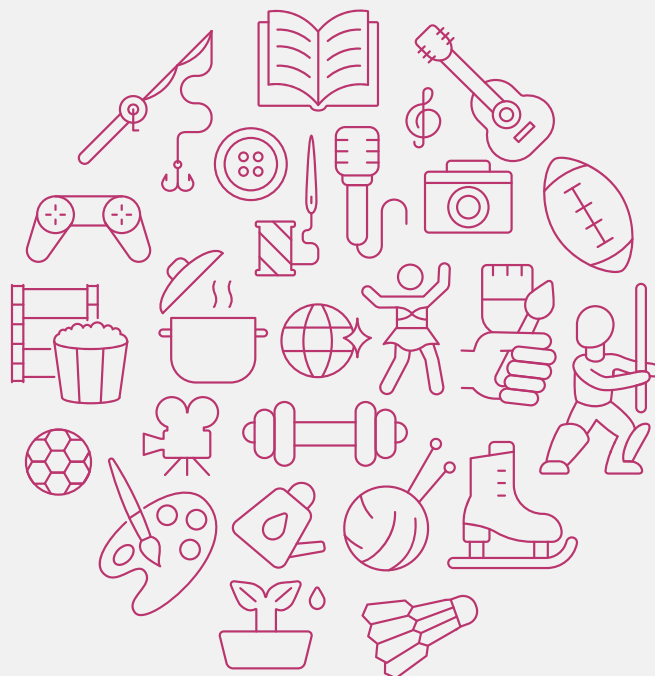
- Spending more time with family, friends, or members of your community
- Volunteering in your local community
- Attending community drop-in's or library days
- Calling on an elderly neighbour
- Having a chat with the shop assistant
- Reconnecting with old friends
- Reaching out to people you've enjoyed chatting with at social gatherings
- Introducing yourself to neighbours
- Join a local club



TAKE TIME FOR YOURSELF

Taking time out is hugely beneficial. Even when we're at our busiest, it's important to factor in some alone time where we can do something that we enjoy. It doesn't always need to be a long time, but it should be quality time where we can focus on ourselves and not have to worry about everyone else.

- Having a long bath once the kids go to bed
- Reading a book
- Enjoying a TV show
- Relaxation or Mindfulness exercises
- Sitting down and having a cup of tea while it's hot
- Doing a craft
- Going for a walk
- Listening to music



LOOK AFTER YOUR PHYSICAL HEALTH

Getting regular exercise not only improves our physical health but it can also have a positive impact on our mental health, especially if we can get outside in the fresh air while we do it.

What we eat also plays a big part of how we feel.

Food and Mood are very strongly connected, eating fresh food, fruit and vegetables, drinking plenty of water to stay hydrated and limiting things such as caffeine, alcohol and refined sugar can all improve our overall health.

- Go for a walk with a friend
- Join an exercise class
- Get on your bike
- Get off the bus a stop early
- Try a new recipe
- Swap to decaf tea and coffee
- Attend health screening
- Make a GP appointment to talk about health concerns



HAVING STRUCTURE

It is easy to become overwhelmed by things when we are unable to keep on top of them. Taking things one step at a time and not putting things off can help us feel more in control.

- Declutter the house (one small area at a time)
- Get into a good night time routine
- Limit time on social media
- Plan a weekly meal menu
- Make a weekly/monthly budget

SET YOURSELF A CHALLENGE

Think about how good it feels when you achieve something.

Setting ourselves small achievable goals can give us something to work towards and achieving them makes us want to do more.

- Doing puzzles, crosswords or a jigsaw puzzle
- Learn a new skill or language
- Set yourself an exercise goal – Couch to 5k
- Start a new hobby
- Create a home ‘Bake Off’ Showstopper
- Sign up for a charity challenge



DO THINGS FOR OTHERS

Helping others can give us a sense of purpose. We might feel as though we have so much responsibility already that we are reluctant to take on a new commitment, but the smallest of favours can make the biggest of difference.

Here are things you could do for others that might help you feel better about yourself.

- Going shopping for an elderly neighbour
- Walking a friend's dog
- Become a leader for a youth group
- Volunteering
- Baby sitting
- Helping an older person to pack their bags at the supermarket

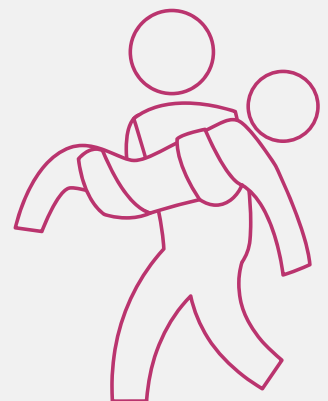


DO THINGS YOU FIND SCARY OR DIFFICULT

When we struggle with our mental health we might avoid things that feel too daunting. Avoiding things does not make them go away, and many times the problem is not as bad as we think. By avoiding the issue we never get the chance to resolve it and then stop worrying about it.

It might feel scary to face things, but the fear of something is often worse than the thing itself.

- Ask for help if you need it
- Do one small thing that you have been putting off
- Celebrate the wins, even things such as getting showered can be a challenge when we don't feel good
- Be kind to yourself
- If it feels scary get someone to do it with you. e.g. opening letters and bills



Breakeven

Gambling Support
www.breakeven.org.uk



Support for those feeling lonely or isolated
<https://www.redcross.org.uk>



Free Mental Health support
<https://www.mind.org.uk/>



Bereavement Support
<https://www.cruse.org.uk/>



Domestic Abuse support & information
<https://www.womensaid.org.uk/>



Support for those living with anxiety
<https://www.anxietyuk.org.uk/>

GambleAware

Gambling Support
www.gambleaware.org.uk



Mental Health support options from NHS
<https://www.nhs.uk/nhs-services/mental-health-services/>



24/7 Domestic Abuse helpline & info
<https://www.nationaldahelpline.org.uk/>



Mental Health support via text
<https://giveusashout.org/>



24/7 helpline for people who need to talk
<https://www.samaritans.org/>



Mental Health support & helpline
<https://www.sane.org.uk/>

Break**even**



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