

Pocket Book

mind yer mind

connections

active

A guide to help you look
after your mental wellbeing

active

Being active is great for our physical health, but it's also really good for our mental health and wellbeing. If you are thinking about taking up an activity to boost your mental wellbeing, it's important to choose one that you will enjoy, and that you can make part of your life.

There is lots of evidence to show that being active helps your mental wellbeing in the following ways:

- It encourages you to set goals and when you achieve them it's good for your mood and self-confidence
- It helps to raise your self-esteem, whether your activity is solo or in a group
- Physical activity causes chemical changes in your brain, which in turn can have a positive impact on your mood

5 ways to get active today

1. Start walking when you can
2. Look online for free workouts
3. Research your local activities
4. Build extra activity into things you do each day
5. Practice stretches & exercise as you watch TV

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Aberdeenshire
Community Planning Partnership

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Aberdeenshire Community:

Find out more about Aberdeenshire Community Planning Partnership, and the work we do in the region by visiting our website

Or visit www.samaritans.org

Call the Samaritans on 116123

If you, or someone you know, needs to talk to someone now, the Samaritans offer support and advice 24 hours a day, 365 days a year.

For further information on managing your mental health and wellbeing, and where to go for support, visit the Aberdeenshire Council website

Some more helpful resources



Scan for more info

You can read more about the 5 Steps to Mental Wellbeing on the NHS website

connections

Forming and maintaining good relationships with people around you is very important for your mental wellbeing. Staying in touch with family and friends can help us to feel happier and more secure. The simple act of talking to a shop assistant or holding the door open for someone can also help to lift our mood.

Evidence shows that connecting with others can help your mental wellbeing in the following ways:

- Good connections can help you to build a sense of belonging and self-worth
- Keeping in contact gives you an opportunity to share positive experiences
- Good connections provide emotional support and allow you to support others

5 ways to improve connections

1. Set time to connect with family & friends
2. Listen to others without judgement
3. Talk to your neighbours
4. Make small talk with the postie, shop assistant, etc
5. Text a friend you haven't seen in a while

5 things you can do if you feel like you're struggling

5 ways to approach someone who you think is struggling

1. Spend some time with them, without any distractions
2. Let them talk as much or as little as they want without offering advice
3. Listen carefully to what they have to say, and show you understand
4. Share some mental wellbeing tips
5. If appropriate, encourage them to seek professional help

giving

The acts of giving and showing kindness are good for our mental wellbeing as well as for those who are on the receiving end of our kindness. The acts of kindness could be small gestures towards other people, or larger ones like volunteering in your local community.

Research suggests that acts of kindness can help improve your mental wellbeing in the following ways:

- Giving to others creates positive feelings and a sense of reward
- Acts of kindness, no matter how small, give you a feeling of purpose and self-worth
- The act of giving helps you connect with other people, which is good for your self-esteem

5 ways to give & show kindness

1. Say 'thank you'
2. Spend time with someone who would like company
3. Volunteer for a charity
4. Take notice of how your colleagues are feeling
5. Send a card to someone you haven't seen for a long time

taking notice

Evidence shows that pausing to take notice helps your mental wellbeing in the following ways:

- Taking notice can strengthen and broaden your awareness
- Appreciating the moment can help to reaffirm your priorities
- Heightened awareness helps you to understand your feelings better, allowing you to make positive choices based on what is important to you

5 ways to be more mindful

1. Notice everyday things. The taste of food, feeling the wind on your face...
2. Take notice of your feelings & let them come and go
3. Spend time in nature
4. Sit somewhere different at work or take a different route
5. Be aware of your breathing

learning

Research has shown that learning new skills can have a positive impact on our mental wellbeing. Why not think about something that you are interested in, so that learning is enjoyable and you are more likely to continue with it. Even if you feel like you do not have enough time there are lots of different ways to bring learning into your life.

Learning helps to promote positive mental wellbeing in the following ways:

- Learning new skills can boost your self-confidence and raise your self-esteem
- Learning can help you to build a sense of purpose
- Learning can help you to meet new people and form new connections

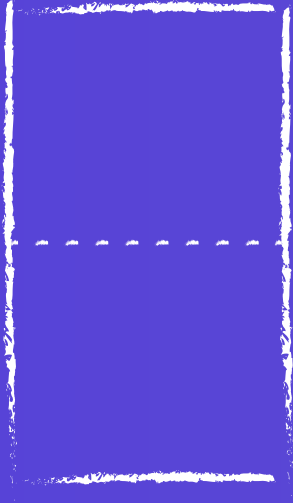
5 ways to learn something new

1. Learn to cook some new meals
2. Take up DIY - learn to fix things in your home
3. Sign up for an online course
4. Take up a new hobby - drawing, chess, learning a new language
5. Ask for extra responsibility at work

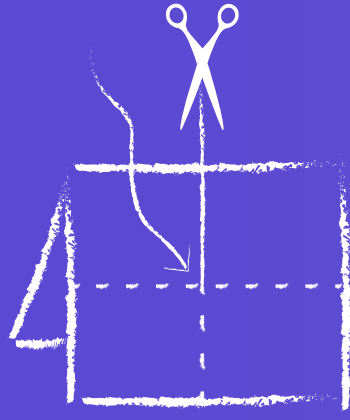
How to make your mind yer mind pocket book:



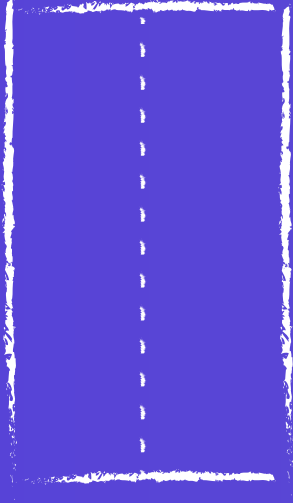
Start by printing out the page on A3 paper - double sided if you want these helpful instruction on the back! (Print borderless if you can! If not trim off the white edge)



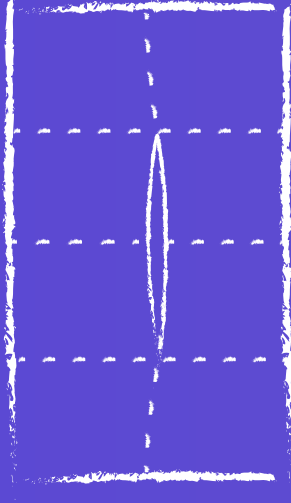
1. Fold in half



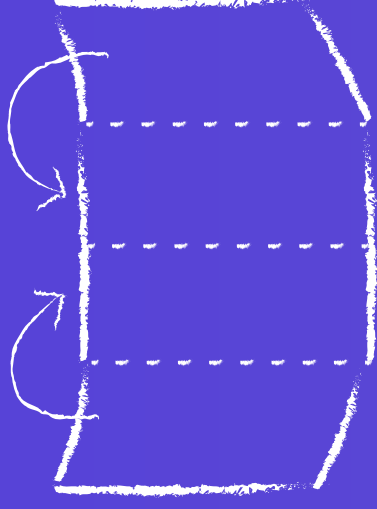
5. Fold in half then cut half way down the center line



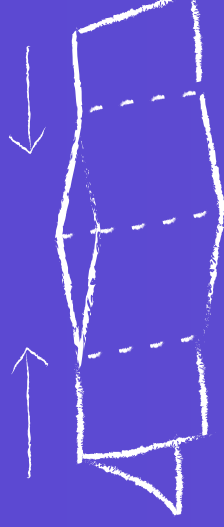
2. Fold in half again! The other way this time



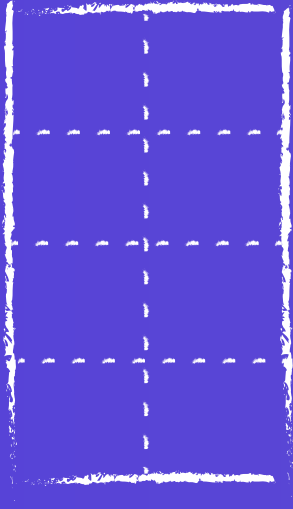
6. Unfold one more time. Here's where it gets tricky



3. Unfold it, then fold both sides into the middle



7. Fold in half long ways and push together. You should create a diamond shape!



4. Unfold again. Now you should have 8 squares



8. Keep pushing until you get an 'X' then fold the pages together to create a book!