

# mind yepocket Book

connections

active

giving

A guide to help you look  
after your mental wellbeing

mind  
yepocket



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[www.ouraberdeenshire.org.uk](http://www.ouraberdeenshire.org.uk)

Aberdeenshire Community:  
Find out more about Aberdeenshire Community  
Planning Partnership, and the work we do  
in the region by visiting our website  
[www.ouraberdeenshire.org.uk](http://www.ouraberdeenshire.org.uk)

Email them on [jo@samaritans.org](mailto:jo@samaritans.org)  
Or visit [www.samaritans.org](http://www.samaritans.org)

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.  
Call the Samaritans on 116123

For further information on managing your mental  
health and wellbeing, and where to go for support,  
visit the [Aberdeenshire Council website](http://Aberdeenshire Council website)

You can read more about the 5 Steps to  
Mental Wellbeing on the [NHS website](http://NHS website)

## Some more helpful resources

Scan for more info



## 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

## 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

## 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

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

1. **Ask for help** – if it feels  
too much, ask your  
friends or family for  
help
2. **Talk** – opening up to  
someone you trust can  
help you stay in good  
mental health
3. **Eat well** – your brain  
needs a balanced diet  
to function properly

## 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

## taking notice

Paying more attention to the present moment can  
improve your mental wellbeing. Some people call  
this awareness "mindfulness". Mindfulness can  
help you enjoy life more and understand yourself  
better. It can positively change the way you feel  
about life and how you approach challenges.

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

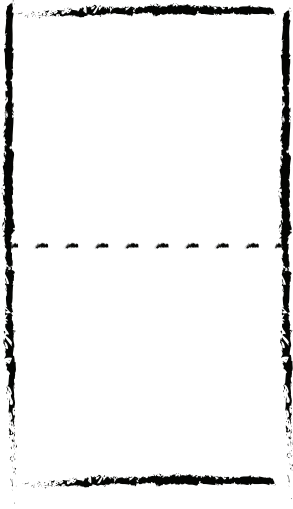
## 5 ways to learn something new

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

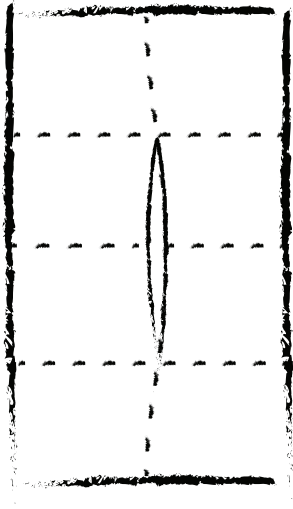


# How to make your mind yer mind pocket book:

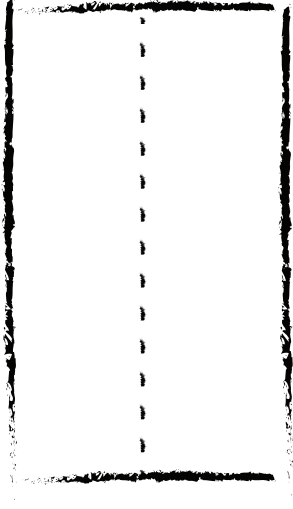
Start by printing out the page on A3 paper - double sided if you want these helpful instruction on the back! (Print borderless if you can! If not trim off the white edge)



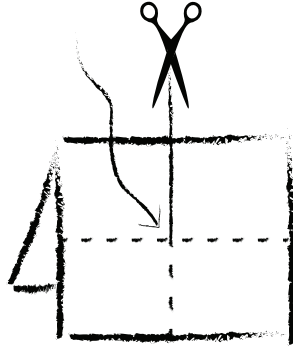
1. Fold in half



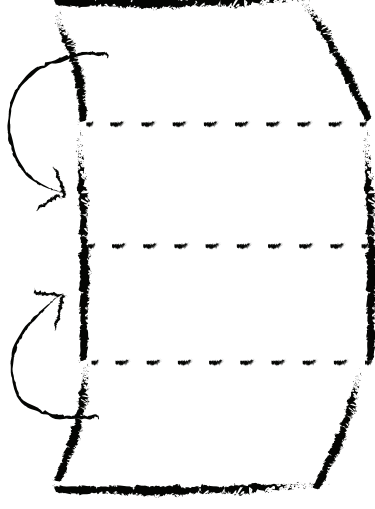
5. Fold in half then cut half way down the center line



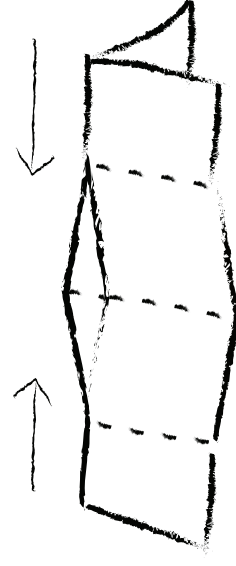
2. Fold in half again! The other way this time



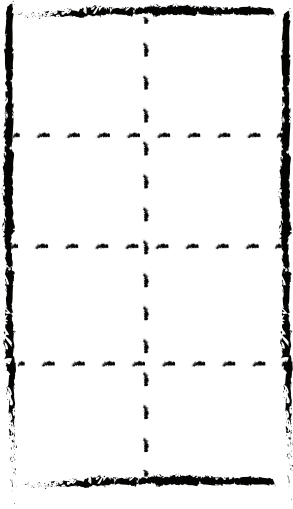
6. Unfold one more time. Here's where it gets tricky



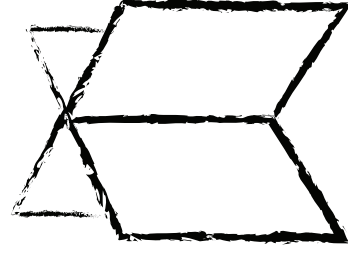
3. Unfold it, then fold both sides into the middle



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



4. Unfold again. Now you should have 8 squares



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