

Tips for Staying

Happy



Wellness Works

Promoting well-being
in the workplace

- ✓ **Keep physically active**
Regular exercise really can help lift your mood and increase energy. Find something you enjoy doing
- ✓ **Eat Well**
A balanced diet will help to improve how you think as well as how you feel. Remember the 5 A Day
- ✓ **Only drink in moderation**
Drinking to deal with problems will make things worse not better
- ✓ **Value yourself and others**
Be kind to yourself, we all have difficult times and deal with things differently
- ✓ **Talk about your feelings**
Sharing your feelings will help to stop you feeling overwhelmed or isolated. Try a helpline if you don't know who to talk to.
- ✓ **Keep in touch with friends and family**
Keep in touch with friends at difficult times, connecting with others can lift our mood
- ✓ **Care for others**
Lending support to others can help you to feel good about yourself too
- ✓ **Get involved, make a contribution**
Focusing your attention on something outside of yourself can give you a different view on how you are feeling
- ✓ **Learn a new skill**
Trying new and different things can give you new ways of coping – even when it is something random like dancing, photography or a language
- ✓ **Do something creative**
Music, writing, painting, cooking gardening – find something that takes your fancy to boost your confidence
- ✓ **Take a break**
Make time for yourself, make relaxation a positive activity, read, meditate, walk rather than slumping in front of the TV
- ✓ **Ask for help**
It is OK to ask for help, we all need it from time to time, even though it can be difficult to ask

Making it Possible: Improving Mental Health and Well-being in England (CSP 2005)

For more information or further support Tel: 01684 312754

www.comfirst.org.uk/wellness_works



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