

# BETTER MENTAL HEALTH

## WHAT IS MENTAL HEALTH?

Your mental health is just as important as your physical health, and is experienced by everyone, regardless of gender, ethnicity, culture, religious belief, profession, or status. Sometimes it's misunderstood, or hard to talk about.



Good mental health helps us live our lives, make good decisions, and build relationships. We don't have good mental health all the time though.



At some point in our lives, most of us have periods of poorer mental health. This can often feel as bad as, or worse than physical illness.



Things like money worries, work, housing, relationships, and past experiences can all impact our mental health. But there are ways to cope and even flourish.

## HOW CAN I LOOK AFTER MY MENTAL HEALTH?

There are five steps each of us can build into our day-to-day lives to improve our mental health. These are listed below, with some examples. You may have other ideas which are more in line with your beliefs or lifestyle. For more information, including how you can apply these steps to your faith, visit [www.good-thinking.uk](http://www.good-thinking.uk).



### CONNECT

- Make time for family
- Arrange a day out with friends
- Get involved in a local community group



### BE ACTIVE

- Get outside in one of Ealing's parks
- Walk some or all of the way to work
- Do an exercise that you enjoy



### GIVE

- Make someone a cup of tea
- Spend time with friends or relatives who need support
- Be kind



### TAKE NOTICE

- Tune into the world around you, with empathy
- Take time to reflect on what went well each day



### LEARN

- Try a new hobby that challenges you
- Cook a new meal
- Learn a new skill



## HOW CAN I HELP OTHERS?

Be open to talking to your family and friends about their mental health. If they look like they might be struggling, ask them how they are, and give them space to tell their story. Try to understand how they're feeling. Use supportive language and let them know they are not alone.

