



HOW TO IMPROVE YOUR **MENTAL HEALTH** AND **WELLBEING**

You can take action to improve your mental health and well-being despite problems and challenges.

Stress is a real experience that threatens our mental health and wellbeing.



SUFFOLK
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www.bscculturalmulticultural.org.uk

Lack of mental wellbeing can make stress more difficult to handle

Anxiety, depression, ADHD, PTSD, eating disorders, and personality disorders can interfere with daily living.

Despite these challenges and difficulties, you can take many steps to improve and control your life. The following list suggest ways to improve your mental health and wellbeing regardless of what challenges you face. Engaging in activities such as these will lead to improved health and wellbeing. Choose what works for you.



While these activities don't remove all problems from your life, they will all help you to enhance your mental health and wellbeing.



MENTAL HEALTH

Look after your mental health. Spend time each week to practice self care



EXERCISE

Engage in regular physical exercise



BREATHE

Take deep breaths through the nose and use the belly



HYDRATION

Keep topped up regularly throughout the day to help your mind and body



HABITS

Maintain healthy habits. Don't smoke or drink excessively



SLEEP

Aim for 7-9 hours of sleep per night



CHALLENGE

Engage in mentally challenging activities



LEARNING

Keep learning and engaging your brain with new and exciting activities



DIET

Eat a well-balanced diet and make sure you don't skip meals



CONNECT

Stay socially active. Keep in contact with friends and family



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For further details contact: **Noman Siddiqui on 01473 400081**

email: Noman.siddiqui@bscmulticulturalservices.org.uk
or **Mohammed Alam on 07932 644466**

email: Mohammed.alam@bscmulticulturalservices.org.uk

www.bsccmulticulturalservices.org.uk

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