

Use the food to boost your mood

What you put in your mouth can have a real influence your mood! By cutting back on sugar and refined carbs and eating a diet rich in fruit, vegetables, lean meat, wholegrains and oily fish, you will have more energy, increased concentration and your mental well-being will be much improved.

Don't over do the Drink

Lots of people take a drink to help them unwind – but most are unaware that alcohol can be a depressant? Drink in moderation. You can still enjoy yourself if you drink responsibly and health and wellbeing will not suffer.

Keep in touch

Friends can be just the tonic you need when you're low – make an effort to keep in touch, whether through a quick phone call, an email/chat-room or even pop round for a visit!

Stop beating yourself up!

If you're having a difficult time, go easy on yourself – don't load yourself down with demands and expectations. It's easy to be self-critical – why not focus instead on praising yourself for the positive things you've done?

For more advice check out the following websites

www.oldham.nhs.uk
www.disabilityactionoldham.org
<http://www.pat.nhs.uk/>
<http://www.penninecare.nhs.uk>

or contact your local GP



Positive Steps

to



Mental Health

&



Well-being

All of us feel anxious, stressed or low from time to time. Doing something positive to help yourself can make a remarkable difference to your mood, so read through these positive steps, and try some of them today!

Get active – and feel good

Exercise is great for well-being, it not only improves your physical health, gives you more energy, it can even improve your mood! Pick an activity you know you enjoy, or try something different like dancing, swimming, hiking or horse-riding.



Have a go at something new

Why not take up a hobby or learn a skill, like learning a new language, yoga classes or tai chi? Learning something new stimulates your mind, boosts your confidence and can give you a new interest in life – and you might meet new people, too!



Accept yourself for who you are

It's easy to be down on yourself and self-critical when you're feeling low. Why not ease up on yourself? Remember all of all your positive qualities, write them down if you're feeling low.

Ask for a little help

It's OK to ask for help if you're stressed – chat to a close friend, family member, or even a support group. We could all do with a little extra help and encouragement from time to time.



Do something creative

Boost your mood by getting in touch with your creative side! All kinds of creative activities like painting, drawing, writing, cooking, gardening or playing an instrument are absorbing and relaxing – and can even help you forget what is worrying you for a while.



Talk it through

When you're feeling low and overwhelmed by things, don't be afraid to talk to someone. If you want just a voice because you feel you can't talk to anyone close to you, Helplines such as the Samaritans can be a great source of support.

Get out there!

If you feel isolated this can increase feelings of depression or low self-confidence. Help yourself by making an effort to enjoy the social scene a bit more. Getting involved in group activities can take your mind off your worries, and other people can be a great source of support.

Take a load off and unwind

If the hustle and bustle of life is hectic, it can be hard to relax – so why not set aside a little time to unwind and do something you really enjoy, even half an hour a day just reading or listening to music? Looking forward to 'your time' every day can really boost your mood!