

# 3 key tips for keeping your mind healthy

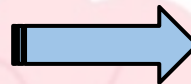
*Mental Health Ambassadors*



## 1. Reframe unhelpful thoughts



The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.



### Tips:

- Make time in your day to address your worries
- Don't ignore your thoughts, flip them to be positive!

## 2. Be in the present



If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.



### Tips:

- Make time for your interests
- Spend quality time with your loved ones
- Spend just one hour a week outdoors! A run, walk or sport...

## 3. Get good sleep



Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.



### Tips:

- Make sure your room is dark and quiet
- Avoid using screens before bed
- Hide clocks or alarms to prevent overthinking