

## Keeping active

Regular exercise really helps if you're feeling depressed or anxious. It can give you more energy too. Find something you enjoy - sport, swimming, walking, dancing or cycling.



## Learning new skills

Learning a new skill can increase your confidence - whether it's for pleasure, to make new friends or to improve your chances of a job.



## Keeping in touch with friends

You don't have to be strong and struggle on alone. Friends are important, especially in difficult times. Keep in touch.

## Doing something creative

All kinds of creative things can help if you are anxious or low. They can also increase your confidence. Music, writing, painting, drawing, poetry, cooking, gardening - experiment to find something you enjoy.



## Accepting who you are

Our beliefs, background, culture, religion, sexuality and experiences make us who we are. Everyone is entitled to respect including you. We all have something to offer.



## Stressed, anxious, worried or afraid?

Most of us feel like this from time to time. We may also have experiences that are very difficult to cope with. Losing someone you love or a relationship breaking up, being bullied, losing your job, sexual or racial harassment, or experiencing discrimination because of a mental health problem. Not having a voice because you're too young, too old or simply different. Doing something positive can make all the difference - for you and others.

## Talking about it

Most people feel isolated and overwhelmed by their problems sometimes - it can help to share your feelings. If you feel there is no one to talk to, you could call a helpline.

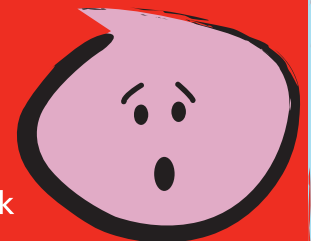


## Relaxing

Try and make time for yourself. Fit things into your day that help you unwind - reading, music, prayer or meditation, whatever you enjoy.

## Drink sensibly

Drinking alcohol to deal with problems will only make things worse. It's best to drink in moderation and avoid binges. If you're worried about your drinking speak to your doctor.



## Getting involved

Meeting new people and getting involved in things can make all the difference - for you and others.



## Asking for help

Everyone needs help from time to time. It's ok to ask for help, even though it feels difficult - whether it's from friends and family, or from your local doctor, practice nurse, support group, faith community or helpline.

## Surviving

When times are difficult it is sometimes all we can do to survive. Take one day at a time and don't be too hard on yourself. Take time out if you need it.



## Sources of Help:

[www.staffordshirementalhealth.info](http://www.staffordshirementalhealth.info) - contains information in English on a range of services and projects across the county that could offer you support, help and advice.

### Staffs Mental Health Telephone Helpline 0808 800 2234

The helpline is a free and confidential service, providing support, information and advice in English for adults with mental health concerns in Staffordshire. 7pm to 2am Monday to Friday and 2pm to 2am Saturday and Sunday, open every day of the year.

All information correct at time of going to press



# Positive Steps for Mental Health & Wellbeing



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Directorate of Health Promotion