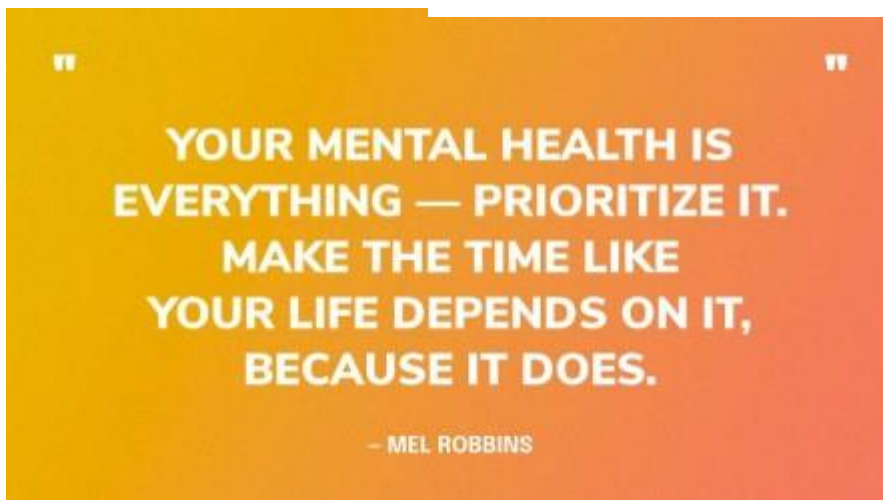


Your Mental Health Matters



Welcome to another Well-being Wednesday and I hope you are taking care of yourself in all ways, always!

Today I'm sharing some tips from Mental Health First Aid from an article focusing on Men's Mental Health, as it relates to the ongoing difficulties in acknowledging mental health struggles and how to get help. Mental health problems affect both men and women, but not in equal measure.

The tips below are relevant to everyone but statistics show that men are less likely to ask for help. We need to look at what factors affect men's mental health and how we can help more men to find help and support. When they do, they must be able to

get any benefit from mental health services that meet their needs. Sadly, too often, that isn't the case.

So, in asking the question 'what do you do to look after your mental health when things get tough?'

Explore some top tips below:

1. Reach out - chat to a mate when you start to hide away. Talking with a trusted person really does help.
2. Be listened to - have a chat, and get it off your chest. Speaking about how you feel lightens the load and releases some of the pressure and stress.
3. Follow social media accounts that you can relate to. There are plenty available.
4. Have a chat with someone who will listen and not 'fix' – a mate, colleague, family or a [helpline](#)
5. Keep up with your routine - or add a new structure to your day. Routine creates a small sense of control. Changing it up a little means you focus on something new.
6. Get outside for a short walk. Physical movement releases feel good hormones and being in nature has a calming effect.
7. Make a motivational playlist. Music is a powerful medium to acknowledge and help express emotions and feelings.
8. Read a motivational or inspirational quote - to get perspective.
9. Do something new like volunteering. Helping others boosts your well-being and self esteem.
10. Take up a new hobby. Focus your mind on a new project for a renewed sense of purpose.
11. Get out of your comfort zone - feel a sense of achievement from this
12. Stop and pause – take time to check in with your head by using [mindfulness](#), writing or meditation
13. Focus on breathing – breathe in and out slowly for 3 minutes.
14. Switch off – in a way that works for you, with a book, film, video game etc.
15. Ask a mate how they are – doing something for a mate can make you feel better.

If you ever feel overwhelmed and want to be listened to, then CALM is available on [0800 58 58 58](tel:0800585858) from 5 pm to midnight 365 days a year. They also have a web chat. You can find out more about what they do at thecalmzone.net.

Mental health is just the same as physical health... we ALL have it and it is so important to look after and protect your well-being and notice each others too.

It really is good to talk.

#mentalhealthmatters #wellbeingweds #menshealth #oktonotbeok #signs #notalone #speakup #helpisbrave #yourneedsmatter #lookafteryou