

# 5 STEPS TO MENTAL WELLBEING

## 1. Connect with people

This will help you to build a sense of **belonging and self-worth**, provide emotional support and allow you to support others.

- take time each day to be with your family e.g. try arranging a fixed time to eat dinner together
- arrange a day out with friends
- Swap TV for playing a game with your children, friends or family
- Visit a friend or family member who needs support or company
- volunteer at a local school, hospital or community group. Find out how to volunteer on the GOV.UK website [Do-it.org](https://www.gov.uk) is a database of UK volunteering opportunities.

## 2. Be physically active

- aim to be physically active every day. Any activity is better than none, and more is better still
- at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week

## 3. Learn new skills

- This can **boost self-confidence, raise self esteem**
- Help you to build a sense of purpose
- Help you to connect with others

### Try To:

- cook something new <https://www.nhs.uk/change4life/recipes>
- sign up for a course at a local college. You could try learning a new language or a practical skill such as plumbing
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

## 4. Give to others

- This can create positive feelings and a sense of reward and giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

## 5. Be mindful

Paying more attention to the present moment can improve your mental **wellbeing**. This includes your thoughts and feelings, your body and the world around you.

# USEFUL LINKS AND RECOURSES

## Apps



**Big White Wall** – online support from therapists for anxiety



**Chill Panda** – breathing techniques to help anxiety



**eQuoo: emotional fitness game**  
Adventure games designed by psychologists to increase your emotional fitness



**Headspace**- guided meditation for mindfulness



**Calm**  
Music Tracks for Focus, Sleep and Relaxation.



**Feeling Good:** positive mindset- relaxing audio tracts for mindfulness

## Local Groups

**Local health walk** - Free, friendly group walks on Friday afternoons around the town on paths and pavements of around 45-60 minutes. Optional refreshments at the end! Meet at Waitrose main entrance at 1.45pm for 2pm start; no need to book, just turn up.

**The Sherborne Wellbeing Group** is held on the **first and third Tuesday of every month** from 6.30pm – 8.30pm. **Location:** Costa Coffee, 30 Cheap Street, Sherborne, DT9 3PX



# MENTAL WELLBEING AND MINDFULNESS



## WHAT IS MINDFULNESS?

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment, and less time worrying about the future has been proven to improve your mental wellbeing.

Some people call this awareness 'mindfulness'.

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness.



## WHY IS MINDFULNESS IMPORTANT?

Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to improve mental wellbeing and prevent mental illnesses such as depression.



## 5 MINDFULNESS EXERCISES FOR YOU TO TRY

### Mindful breathing

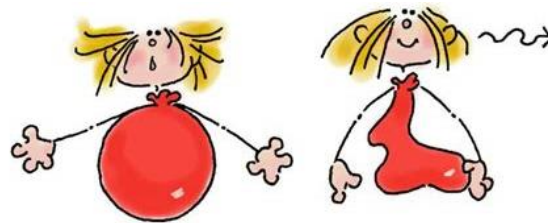
This can be done anywhere at any time.

Start breathing in and out slowly, one breath cycle should last for six seconds.

Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.

Focus on the sensation of air moving in and out of your body, your chest rising and falling.

Let go of your thoughts, simply let thoughts rise and fall of their own accord and be at one with your breath.



### Mindful observation

This exercise is designed to connect us with the beauty of the world around us.

Choose an object from your immediate environment and focus on watching it for a minute or two. This could be a flower, the clouds or a bird.

Simply notice the thing you are looking at and relax into watching it as long as your concentration allows, as if you're seeing it for the first time.

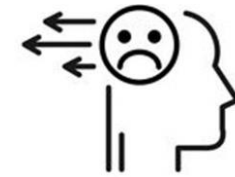


SCAN TO WATCH A MINDFUL BREATHING EXERCISE

### Mindful awareness

This exercise utilises 'touch point' cues to allow you to stop and take a moment to be mindful of where you are, how you feel in that moment and where the door will lead you.

Touch points don't need to be physical, for example each time you think a negative thought, take a moment to stop, label the thought as unhelpful and release the negativity.



### Mindful immersion

The aim of this exercise is to cultivate the contentment in the moment and escape the persistent striving we find ourselves caught up in.

Rather than anxiously wanting to finish an everyday routine task, in order to get on with doing something else, immerse yourself in that activity concentrating on every detail.



### Mindful appreciation

Notice 5 things on your day that usually go unappreciated, these may be objects, activities or people. For example your ears let you hear the birds in the tree, your clothes provide you warmth, and the postman delivers your post.

The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life.