

Discover simple steps to look after your mental health

NHS

every mind matters

Everyone knows that feeling, when life gets on top of us. We feel stressed, low, anxious or have trouble sleeping.

But now there's a new way to help turn things around. Every Mind Matters will get you started with a free plan showing you the simple things you can do to look after your mental health.

The information here is a snapshot of what you can find on the Every Mind Matters website.

There are more practical actions you can take as well as expert advice to help you take better care of your mental health.

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Sleep problems

Poor sleep can make us feel low, irritable and make usually manageable tasks harder. The better our sleep, the better our energy levels, mood and ability to concentrate.

Actions:

- Try to wind down before bedtime.
- Follow a regular sleep routine; it will help to regulate your body clock.



Stress

We all feel stressed sometimes and it can get on top of us. The good news is that there are lots of ways to stress less.

Actions:

- Find ways to add a bit of physical activity into your day that works for you.
- Regular exercise, like swimming or brisk walking, can help to relieve some of the tension.



Low mood

Many of us can feel sad, down or unmotivated sometimes. Often small changes can help to improve our mood.

Actions:

- Make time to do something you enjoy.
- Reward yourself when you achieve things; it will help you feel more positive and improve your wellbeing.



Anxiety

Anxiety occurs when our worries go into overdrive. It affects lots of us and can be overwhelming.

Actions:

- Spend some quality time with supportive friends, family or colleagues, or speak to a volunteer on a helpline; this can help you feel more relaxed and settle your worries.



Create your action plan

There are many things you can do to look after your mental health and wellbeing.

Get started with a free online plan designed to help you deal with stress, boost your mood, improve your sleep and feel more in control.

Every Mind Matters will provide you with:

- a range of practical tips, apps and resources to help you look after your mental health
- expert advice on how to spot the signs of common mental health concerns
- connections to local services and activities to improve your wellbeing
- information about helplines and charities if you need more support.

Find your way to better mental health.



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