



The Challenge

Do something kind
for your mind today.

Why is it important to be kind to your mind?

Mental health is a vital aspect of overall health and wellbeing. It is estimated that around one in six adults in England have a common mental health problem but less than half access mental health treatments¹. The figure in children (5-19 years) has risen to one in eight with the figure at its highest in older children². Mental health issues can include anxiety, depression, stress, addiction, loneliness and personality disorders.

Have a healthy lifestyle

Focussing on what we eat and drink, being active and ensuring we get enough sleep may all have positive benefits on mental health. We should all aim to:

- have a healthy, varied and balanced diet (and follow alcohol guidelines);
- keep active by following physical activity guidelines;
- have sufficient sleep (7-9 hours a night for most adults and 9.5 -11 hours for children aged 5-11 years).

This can help support a healthy lifestyle, help raise self-esteem and boost a positive mood.

Talk it through

If something is affecting us, it can really help to talk it through with someone else. Talking about how we feel with friends, family or a health professional can help to reduce tension, make us feel better and help us build stronger relationships to support in the future. Connecting with others can provide emotional support, help us explore our feelings, make decisions and move forward in a positive way. It is important to ask for help and support either from friends and family or health professionals when we need it.

Take up new hobbies and learn new skills

Learning new skills or taking up new hobbies can be a great way to meet new people, boost confidence and give a sense of purpose. It can also help us focus on the present moment and take our minds off other worries. Making time for hobbies we are good at or enjoy can help us relax, manage stress and may help provide perspective on problems we have. Some people find that making time to help others, through activities such as volunteering, can be extremely rewarding and fulfilling.

¹ <https://webarchive.nationalarchives.gov.uk/20180328140249/http://digital.nhs.uk/catalogue/PUB21748>

² <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

#bemindkind