

# Tips to help mental health

Easy Read Information Guide  
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Easy Read

# Tips to help mental health



We all have times when we

- feel sad or down
- have sad thoughts about life
- feel life is hard

How we think about life is called mental health.

**Mental Health** is about our mind being healthy.

Having more good thoughts and feelings is important.

This Easy Read information is about things that can help mental health.

# Tips to help mental health



## **Talk to someone you trust**

Talking helps us to share our problems.

You could talk to a

- Friend
  - Family member
  - Peer group member
  - Counsellor
  - Psychologist
  - Doctor
  - Support worker
- 



## **Take a break**

Some time to yourself can help.

You might

- Take a break from a meeting
- Go outside
- Go for a drink or coffee
- Go for a holiday
- Do something you enjoy

# Tips to help mental health



## Be outdoors

It is good to be in the fresh air outside.

You could

- Visit a park or garden
  - Visit the sea
  - Visit the bush
- 



## Be active

You can be active at home or outside.

You could

- Go to a gym
- Play sport with friends
- Go for a walk
- Move to music

# Tips to help mental health



## Sleep

Good sleep helps your body and mind to rest.

Some things you could do to help you sleep are

- Take a shower or bath before bed
- Try not to eat late at night
- Try not to have coffee before bed
- Listen to calm music
- Try not to use your mobile phone late at night



## Medication

Not everyone needs medication to feel better. Your doctor may say it is a good thing for you to try.

They should help you to try other things first.

You can ask questions like

- What is the medication for?
- How will it help me?
- How will it make me feel?
- What could go wrong?
- How long do I have to take them for?

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## **Eat well**

Sometimes the food you eat can help you feel better.

Food that is good for us is called healthy food.

This is food like

- Fruits and vegetables
- Meat
- Fish
- Chicken
- Eggs

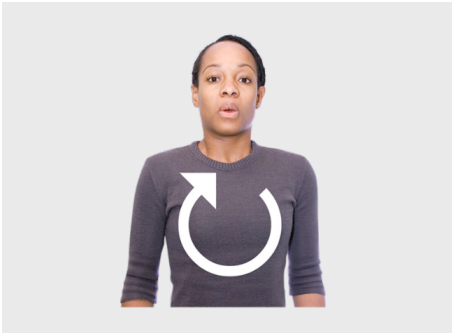
It is good to drink water.



Some foods can make us feel bad like

- Alcohol
- Coffee
- Junk food

# Tips to help mental health



## Breathe

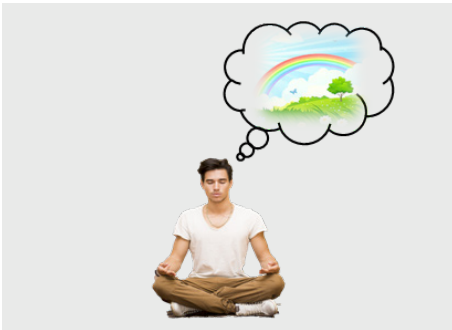
How we breathe can help us to feel calm.

When you feel upset

- Take a big breath in through your nose
- Count to 3 slowly
- Breathe out through your mouth
- Do this 5 times

You can try this any time you feel upset.

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## Meditation

Meditation is taking time each day to think about good things.

You can do this indoors or outdoors

- Find a quiet place
- Be still
- Close your eyes
- Think of good things in your mind
- Think of nice places in your mind

Meditation can help us have more good thoughts.

# Tips to help mental health



Feeling better can take time.

It may not happen right away.

Everyone feels better in different ways.

If none of these tips work for you talk to your doctor.

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