

## Mental health and wellbeing resources

The last year has been tough on grown-ups and kids alike. It's really important for us all to look after our mental health and below are **five easy ways** to help support general wellbeing:

### 1 Be active

It is important to **find an activity which you like and enjoy doing**. By participating in regular exercise, it can help reduce stress and anxiety levels and boost your self-esteem because your body releases serotonin and which helps us feel better about ourselves.

### 2 Connect

You can **connect with friends, family, neighbours** and with people in and around your community. By connecting with a variety of different people we can enhance and support ourselves. This could be as easy as having a conversation, a phone call, social media, texting or playing sport or games.

### 3 Take notice

Next time you're out and about, see if you can **savour the moment, be curious** of what's out there and what can you see - birds or wildlife, the seasons changing, different shaped clouds and anything that catches your eye or unusual sounds. Try and reflect on how you feel and appreciate the world around you.

### 4 Keep Learning

Try and **learn something new**, whether it is a new walking route, a musical instrument or fixing something. When we learn something new it improves our self – confidence and we get a sense of achievement. It should be something exciting and that you enjoy, and it might even challenge yourself.

### 5 Give

See if you can **do something nice for others or a friend**. If you're out in the community, smile at someone, say thank you, volunteer or see if you can do a good deed. When we help people or give something to others, we feel happy and proud for doing something rewarding. Also, by doing this you're connecting with people in your community.

### How can we help someone?

- ▶ Talking can really help. If someone is speaking to you about how they are feeling it is important that you listen to what they are saying.
- ▶ Reach out to people, if you notice someone doesn't seem themselves, ask them how they are feeling or check in on them.

### Where can you get help:

- ▶ [Oxfordshire Mind](#)
- ▶ [NHS, Every Mind Matters](#)