

Looking after our mental health

We all have mental health. And just like our physical health we also need to look after our mental wellbeing.

There are a number of things you can do to support your mental health and this miniature wellbeing box is one of them.

Keep it. Share it. Make it your own.

Fill your box with things that will relax and comfort you. A place you can return to when your mood starts to change, when you find it hard to cope or you just want to focus on something positive.

This is just a starter kit and you can find more ideas on Instagram [@mindwestsussex](https://www.instagram.com/mindwestsussex) - Take a look, add your ideas and tell us what helps you.

And remember that just like any other problem – if your mental health is suffering then the sooner you do something the sooner, you'll start to feel better.

So if you've been worrying more than usual, finding it hard to enjoy life or having thoughts or feelings that are difficult to cope with then look at our website or talk to a medical professional:

<https://www.coastalwestsussexmind.org/mental-health-support>



Open Minds is a project of Coastal West Sussex Mind
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Human Kindness
for **Open Mindness**

Taking a breath

Controlled breathing is a free and simple way to help yourself feel calmer. Try it out if you start to feel stressed or your thoughts are racing.

Breathe in slowly through your nose and feel your chest rising.
Then let the air out through your mouth and feel your chest falling.
Concentrate on what you're feeling as you do this.
Be aware of your thoughts without getting caught up in them.
Just watch them pass like clouds drifting across the sky.
As your breathing slows your blood pressure will drop and your muscles will relax. And you'll feel calmer.

Five ways to wellbeing

1. **Connect with people** - at home, work, school or in your local community.
2. **Keep Learning** - find a course, renew an interest or set yourself a challenge.
3. **Be Active** - join a club, take up a new activity or just go for a walk.
4. **Take Notice** – be aware how you're feeling and what's going on around you.
5. **Give** – become a volunteer, start a conversation or share a smile.