



Making Sense of Mental Health

This toolkit is designed to help you feel better informed and more comfortable in addressing mental health and ill-health, sharing what we can all do to help ourselves and others.

Top Tips from Dr Barbara Mariposa

Open the box. The more we make it ok to talk about our mental health the less distress we cause ourselves and others.

Prioritise your wellbeing. Do what you need to do to stay well. Practice techniques that help you become calmer, clear-headed and balanced, like mindfulness, yoga and tai chi.

Take breaks. Wellbeing, performance and productivity go hand in hand. Make sure you **Press Pause** regularly throughout the day to stretch, move, walk and get outside.

USB when you feel the pressure building inside you. **Unplug, Slow Down, Breathe.** Nip it in the bud - balance your physiology rather than letting things build up.

Keep perspective. When you feel overwhelmed step back and remind yourself of what really matters to you in your life.

Address things that are bothering you **sooner rather than later.** Find someone you trust to talk things through with and take steps to change what you can.

Take care of your body. Reduce caffeine. Increase water. Avoid sugar and make sure you eat regularly to maintain a steady blood glucose level.

Avoid alcohol and recreational drugs. If you are self-medicating in this way seek help to address the underlying problem.

Get out in nature often. Go for walks for no reason other than to go for a walk.

Seek out support from people who are on your side and keep at a distance, those who, knowingly or unknowingly, undermine you.

If you are in distress, **find someone to talk to today.** Everyone goes through tough times, the more we care for each other the less we all suffer.

Make **kindness, generosity, appreciation and acceptance** the norm around you. You may not be able to change the world but you can influence the world around you.

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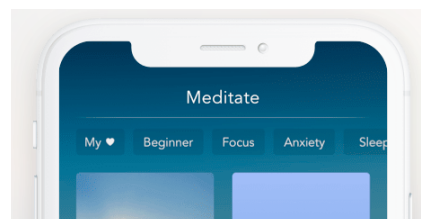
THE MIND WEBSITE

Packed with information, advice and help on all things mental health.



THE MINDFULNESS PLAYBOOK

Dr. Mariposa's own title which explores the powerful role of mindfulness in securing peace of mind and contentment.



THE CALM APP

Leading app for supporting with meditation and sleep, helping millions to experience lower stress and anxiety.



IKIGAI

On the Japanese island of Okinawa, people live longer than anywhere else in the world. There, finding your *ikigai* is considered the key to longevity – and to happiness.