






Maintaining Mental Wellbeing

This term mental wellbeing describes our mental and emotional state – which of course might change from day to day, and even several times within the day.

Although we are all individuals, with unique personalities, people with good mental wellbeing tend to feel confident and have a good self-esteem, they are usually able to express emotions appropriately, not in ways which may hurt or damage themselves or others, and are generally able to cope with the ups and downs of life and the stresses it can bring. They are also able to work and live productively and enjoy relationships with others.

I am concentrating here on maintaining wellbeing NOT treating people who are experiencing specific problems – if that is the case then seek professional help.

Physical and mental wellbeing are connected – looking after our physical well-being will help us stay well mentally. Follow the tips below to help you maintain your mental wellbeing.

	<p>Get the Right Fuel</p> <p>Diet is important to wellbeing – make sure you eat a balanced diet which is low in processed food and sugars. Make a determined effort to get your 5 (or even better 7) portions of fruit and veg each day and drink plenty of water. Be careful too that you don't use alcohol, drugs or nicotine to elevate mood – it may help for a short time but will not be lasting solution.</p>
	<p>Exercise</p> <p>When we exercise our body some 'feel good' hormones are released into our blood stream so actually our mood improves. It might be hard getting out of the door you nearly always feel better afterwards- though you may be exhausted! Almost any exercise will help but obviously if you choose something you enjoy that will be better and make sure you take steps to look after your body, have the right equipment etc and be aware of your safety.</p>
	<p>Sleep</p> <p>We are probably all aware that when we are tired it can impact our mood – so getting enough sleep generally (we can all survive a few days of being extra busy), will help us 'feel' better. If we are exercising regularly that will also help us with our sleep.</p> <p>For tips on how to get a good night sleep click the link https://hubpages.com/health/6-Easy-Steps-To-A-Good-Nights-Sleep</p>
	<p>Routine</p> <p>Some people feel that it is routine that can make them feel low and although we all benefit from a holiday or a change occasionally, there is a lot to be said for having a routine. It will often help to ensure we fit in the things we need to take care of ourselves.</p>
	<p>Relationships</p> <p>Humans are social beings and most people function best when they have good social contacts with others, and feel they have people who they trust and who can support them. Some people function well with just a few good friends whereas others may need more social contacts to feel at their best but we all need some. Isolation and loneliness are linked to low mood</p>

<http://attunededucation.com/>



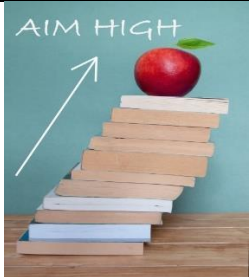


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	<p>so make sure you build in opportunities to spend time with people – it's not a luxury it is essential.</p>
	<p>Positivity Developing a positive outlook can help maintain wellbeing. It seems to be something that some people find easier to do than others, but something everyone benefits from. Often it is a question of deciding to focus on the good, on the things that are going well, the things you can be grateful for. It might take a bit of effort at first, but it will pay dividends http://attunedsuccess.co.uk/ in the long run. Try this link for lots of 'positivity'</p>
	<p>Prioritise yourself (learn to say no) It is important to take care of yourself that means making time for things that are important to you. Friends or hobbies, or time just to relax. Sometimes that means we have to say 'no' to other things but even if you feel like you have a lot of conflicting responsibilities it is still important to look after yourself, so you need to give yourself permission to put yourself first sometimes. https://successtory.com/inspiration/ways-to-take-care-of-yourself</p>
	<p>Challenge yourself Achieving something is good for all of us. The satisfaction that comes for learning something new or trying a new hobby is good for your mental wellbeing as long as it doesn't stress you out too much! It's also a good idea to make sure you always have some things to look forward to – not just big things like holidays but meetings with mates or trips to do things that you enjoy.</p>
	<p>Learn to Live in the Moment One of the things that can be very harmful to mental wellbeing is worry and anxiety. There may be loads of things at any one time we could worry about, but it rarely achieves anything positive. Developing strategies to manage anxiety will help, perhaps try mindfulness, follow the link for a few starter exercises http://attunededucation.com/2017/03/14/4-mindful-exercises-to-try-today/ Meditation and yoga can also help, as can being in nature (a great stress reliever in itself). There are also a lot of 'apps' that can help you relax and slow your breathing and help focus on the here and now.</p>
	<p>Develop Personal Resilience Life will present us with challenges but if we can develop resilience then when it does it is less likely to have a damaging impact on our mental wellbeing. So, get to know the things that stress you and what you can do to relieve that stress and make sure you 'practice'. Life's challenges are far less likely to cause damage when we have armed ourselves with strategies that we know will help us. https://hubpages.com/health/5-Easy-Ways-to-Become-Emotionally-Robust</p>

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