Looking After Our Mental Health

Looking after our mental health is as important, if not more important, than looking after our physical health. There are lots of things we can do that helps us deal with the stress of everyday life better. Below are some service and websites that provide self help tools and resources to enhance our self care and information on someone that we can talk to about what is worrying us, to help us look after our mental health and improve our own mental wellbeing.

Clear Your Head

The Scottish Government launched the 'Clear Your Head' campaign, which highlights practical things that you can do to look after your mental health and wellbeing whilst continuing to stay at home.

Visit the campaign website, https://clearyourhead.scot/   it provides tips which are focused around the following:

- Keeping to a routine – trying to sleep and wake at the same time, and eating at regular times.
- Moving more – staying active, within the current guidance, to boost your mood.
- Taking a break – limiting exposure to the news on social media if you feel things are getting on top of you, instead using fun games, quizzes and apps online to pass the time.
- Making time for yourself – simply taking a breather or doing something you enjoy.
- Keeping in touch – phoning family and friends to ease worry and feel connected.

The campaign website will also signpost to sources of help and advice including NHS Inform, and helplines including NHS24, Breathing Space, SAMH and the Samaritans.