

TOP TIPS

for mental wellness

Diet

Here are our top tips for a healthier diet:

- Avoid eating processed foods – stick to fresh meat, fish and vegetables
- Try to eat 5 portions of fruit and veg a day
- Eat a rainbow diet. Choose vegetables of lots of different colours!
- When eating carbohydrates try to pick healthier versions such as sweet potato, brown rice and wholegrain pasta
- Aim to drink 6-8 glasses of water per day (2L)

Decrease the amount of alcohol you drink each week.

We recommend you don't drink more than 2-3 units in one sitting and try not to drink on consecutive days. You should avoid having more than 14 units each week.

Don't forget:

- 1 unit in a single measure of spirit
- 2 units in a glass of wine (175ml)
- 2 units in a pint/can of beer or cider

Useful Guides

[NHS Eat Well](#)
[Mind's Food and Mood](#)

Exercise

Positive Effects of Exercise

- Exercising early will give you energy for the day, and make you sleep better that evening
- Early morning sun helps to regulate your natural day and night rhythm

Exercise Tips

- Make it easier for yourself by putting your exercise clothes next to your bed, so it's easy in the morning to get up and go for a walk
- Join "Active 10" and "Couch to 5k" apps
- 10 minutes of brisk walking per day will give you 95% of the health benefits of exercise

Sleep

Make yourself a "Sleep Haven"

- Make your room perfect for sleep by having dim lighting in your bedroom
- Try and minimise noise when you sleep, if you can't do this you could get a fan which will stop you hearing the noise as easily
- Make your room as dark as possible by covering any device lights, getting curtains, or buying an eye mask to wear when you sleep
- Try to avoid your bedroom being too hot or too cold
- Keep your bedroom for sleep or sexual activity only

Sleep Routine

9PM: Have a Chamomile tea to start winding down

9:15PM: Read a book

9:40: Write in your Journal

10PM: Go to bed

Other tips to help sleep

- Try to do a small amount of exercise each day, at least 4 hours before bedtime
- Avoid napping
- Avoid caffeine 6 hours before bed
- If you wake up at night, try not to look at the time
- Keep a journal of thoughts that stop you sleeping. Add to this if you wake up at night