



How to feel better mentally in 5 steps.

To find more resources to help you feel better mentally, visit nhs.uk/inform.scot/youmatterwecare



5 steps to improve your mental health

Evidence shows there are 5 steps we can all take to improve our mental wellbeing. Give them a try – you could feel happier, more positive and hopeful about life.

Connect

Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be active

You don't have to go to the gym. Take a walk, go cycling or play sport. Find an activity you enjoy and make it a part of your life.

Keep learning

Learning new skills can give you a sense of achievement and a new confidence. Why not sign up to a cooking course, learn to play a musical instrument or try to fix your bike?

Give to others

Even the smallest things can help, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering, can also greatly improve your mental wellbeing.

Be mindful

Be more aware of the present moment, including your feelings, your body and the world around you. It can positively change the way you feel about life and how you approach challenges.

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