A Healthy Body = A Healthy Mind

TOP TIPS FOR DEALING WITH ANXIETY — NHS

TIP 01
Try a short breathing exercise

TIP 02
Learn how to manage anxious thoughts

TIP 03
Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit **Every Mind Matters** for more tips and advice

Better Health every mind matters

SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP — NHS

TIP 01
Keep regular sleep hours

TIP 02
Attempt not to check your phone for an hour before bed

TIP 03
Consider turning your clock away so you can't see it

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
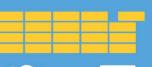Visit **Every Mind Matters** for more tips and advice

Better Health every mind matters

TOP TIPS FOR DEALING WITH STRESS — NHS

TIP 01
Divide big tasks into small ones

TIP 02
Create to-do lists

TIP 03
Stay active

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MAKE INSIDE FEEL BETTER.
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SIMPLE TIPS FOR IMPROVING YOUR MOOD — NHS

TIP 01
Learn how to manage unhelpful thoughts

TIP 02
Stay active

TIP 03
Talk to someone

WHEN THINGS AREN'T SO GOOD OUT THERE...
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Everything is connected

Dear Parents/Carers,

What you do with and put into your body can have a powerful impact on your mental wellbeing. Being physically active, getting enough sleep, and eating or drinking the right things are just as important for your mind as they are for your muscles.

And vice versa: mental health problems can also affect your physical health. Struggling with low mood, or being stressed and anxious, can affect your appetite, leave you feeling exhausted, give you headaches and cause muscle tension and pain.

If you are struggling or need further tips and advice, please use the NHS link below to carry out a mind map quiz.

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/