

But if things are not going so well, please ask for help...

If you are concerned about your emotional or mental health and are feeling low in mood or anxious, it is a good idea to talk about your feelings. You can talk with family and friends, as well as with your GP.

Remember that worries about mental health are the second most common reason for visiting a doctor, so you are not alone.

You can also contact the following help lines:-

Samaritans

Confidential, emotional support, 24 hours a day, to people who are experiencing feelings of distress and despair. Telephone **663399**

Visit: www.samaritans.iofm.net
or e-mail: jo@samaritans.org

Mind

Mind help-lines are open Monday to Friday, 9.00am to 6.00pm. Tel: **0300 123 3393**

Information on a range of topics including types of mental distress, where to get help, drug and alternative treatments.

Visit: www.mind.org.uk
Or e-mail: info@mind.org.uk



DEPARTMENT OF HEALTH

Rheynn Slaynt

The information in this leaflet can be provided in large print, audio tape/CD, or other languages on request.



Mental Health Promotion

Mental Health Service
Cronk Coar, Nobles Hospital Estate,
Douglas, Isle of Man IM4 4RJ
Tel: (01624) **642837** Fax: (01624) **642805**
www.gov.im/health

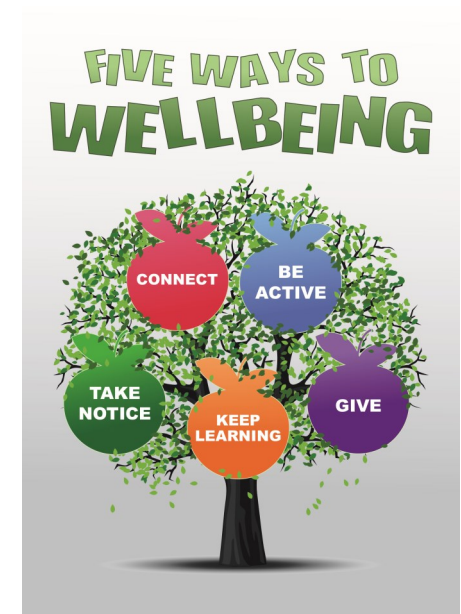


DEPARTMENT OF HEALTH

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Mental Health Service

Five Ways to Well-being



Version 2. July 2013



Isle of Man
Government
Resilvus Ellan Vannin

There are five evidence based ways to help us improve our mental wellbeing. If we try to build them into our daily routines we can improve our wellbeing:- think of them as our "five a day" for mental wellbeing!

CONNECT...



With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich your day.

BE ACTIVE...



Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

TAKE NOTICE...



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters.

KEEP LEARNING...



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work.

Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Fix a bike. Learning new things will make you more confident as well as being fun.

GIVE...



Do something nice for a friend, or a stranger. Thank someone. Smile☺. Volunteer your time. Join a community group. Your actions will make other people feel good too. Look out, as well as in. Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

These suggestions are taken from the Foresight Mental Capital and Wellbeing project published in October 2008. The project commissioned the centre for well-being at **nef** (the new economics foundation) to develop 'five ways to wellbeing': a set of evidence-based actions to improve personal wellbeing.

For more information visit:
www.neweconomics.org