



FINDING BALANCE

Physical and mental health are both impacted by each other. Positive health and wellbeing is all about balance. Exercising too much or too little can have a negative impact on our wellbeing, just like worrying too much about what we eat or not worrying at all can as well.

It's important to take positive actions towards looking after our health and wellbeing, but it's also important to think about balance.

Reflect on your current habits and behaviours, your balance of activities, and think about if there's anything you'd benefit from changing.

EXTRA SUPPORT

The Mix

Support for under 25s

Text 'THEMIX' to 85258

Samaritans

For urgent support

116 123

Papyrus

Support for under 35s

experiencing thoughts of suicide

0800 068 4141

Shout

Text 'SHOUT' to 85258

Beat Eating Disorders

Student specific helpline 0808 801 0811

Voice Collective

Support children and young people who hear voices, see visions and other sensory experiences

Switchboard LGBTQ+

0300 330 0630 - helpline

Muslim Youth Helpline

Faith and culturally sensitive mental health support

Mermaids

Support for transgender young people under 20

OCD Action

Support and advice for anyone affected by OCD



FURTHER READING, ADVICE AND SUPPORT

Racism & mental health

From Mind

LGBTQ+ mental health support and advice

From Mind

BAATN Network

The home of the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK

What's up with everyone?

Information and advice on key areas that impact young person and student mental health.

Tell me App

A digital peer support App

Behind the Books

Mental health tips for university students created by a group of Sussex University students

Mental health A-Z

Learn about signs, symptoms and how to access support if needed

Mind: Student advice

Tips and guidance for students to look after mental health

Zero Suicide Alliance

Free online training for students about having conversations with peers about suicide



TOP TIPS

TALK TO SOMEONE

Talking things through with someone can help you to get perspective, to take some time away from the things that are worrying you, and to get ideas for new things you can try to manage what's worrying you. Sometimes just saying it out loud can help you to process what you're feeling. Talking to someone can help to help to challenge your own beliefs and to recognize when your behaviours are causing you to feel anxious or stressed.

GET ENOUGH SLEEP

Sleep is as important to your health as eating, drinking, and breathing. Poor sleep is linked to physical problems, like a weakened immune system, and mental health problems, like anxiety and depression. Check out [these tips](#) to get better sleep. You can listen to free sleep podcasts such as [Sleep Well](#).

EAT WELL

Eating enough fruit, vegetables and nutrients can improve your mental health and wellbeing. Eating a lot of processed foods and saturated fats is linked to poorer mental health. It might feel harder to eat well on a budget, but it's not impossible. Check out recipes from [Cooking on a Bootstrap](#), [tips from the NHS](#) and [The Eatwell Guide](#). If someone else buys the food in your household, try talking to them about trying new foods, or you could even offer to make dinner for them. The



TOP TIPS

GET MOVING

Being active and moving our bodies is not just good for your physical health, it's good for your mental health too. Getting your blood flowing and your boosting your endorphins can help you to be more productive. Try your best to incorporate movement and activity in your routine, in whatever way works best for you. Break up your work or study time with a few minutes of stretching – you can even do it from your sofa. There's free exercise videos online, from [yoga](#) to [HIIT](#) workouts, and [people you can follow](#) who can help you along the way. It can help to keep a record of personal achievements based on your own goals.

IT'S ALL ABOUT A HEALTHY BALANCE

Eating well and getting enough exercise are important, but it's also important not to get carried away. Eating disorders are most common among 16-19 year-olds, and a third of all adults have felt shame about the way they look. If you are worried about your relationship with food and your body, take a look at these tips.

GET OUT IN NATURE

Spending time outdoors is good for your physical and mental health, and it's free. Mix up your weekly routine and get outside into green spaces, instead of always meeting friends in cafes, restaurants or pubs. Look for parks, public gardens, museums, and National Trust free open spaces. Take a look at the Mental Health Foundation's [Thriving With Nature](#) guide for inspiration on how to get the most out of your local green spaces.



TOP TIPS

TRY MINDFULNESS

Mindfulness is the practice of recognizing and acknowledging thoughts and feelings, and learning to regulate them and quiet your mind. You don't have to be a pro to practice mindfulness – it can improve your mood from the first try. There are apps like [Headspace](#) that offer free trials to get you started.

PRACTICE WELLBEING WITH FRIENDS

It can be easier to commit to healthy habits when we do it as a team. Try going for a walk in open, green spaces with a friend, or take it in turns to cook each other cheap and healthy meals. You could even try some mindfulness activities together. If you live with siblings, you could try some of these activities together too. You don't need to wait until you're struggling with your mental health – you can build wellbeing activities into your daily life, which can help you manage your mental health before problems arise.

DOING GOOD DOES YOU GOOD

Kindness can help reduce stress and improve our emotional wellbeing. We all have so much going on in our lives, not just on an individual level, but at a national and global level too. This can mean that we push kindness to one side in favour of what's urgent or trending right now. But if we take the time to be kind to other people, this can have a hugely positive impact on our wellbeing. Start with a commitment to showing kindness in your words and your actions, and thinking about random acts of kindness you can do for those around you.



TOP TIPS

PRACTICE GRATITUDE

Practicing gratitude can lower stress levels, increase feelings of happiness, and help you sleep better. Each day, write down one or two things that you're grateful for from that day, like your health, family, or friends, or something you've done that you're proud of. This can help you to recognise and appreciate the people and things you have, and after a few days it can start to reshape how you feel about things. Celebrate your own achievements, even the ones you might think are the smallest ones – sometimes they feel like the hardest.

LOOK AFTER YOUR SEXUAL HEALTH

Get to know your body. Get regular checkups, and make sure if you're having sex, it's healthy and safe for everyone involved. [Brook](#) offer free and impartial advice and support on sex, relationships, friendships, and more.

HEALTH AND WELLBEING EXTRAS

Safe drug taking

Do not forget that drugs are illegal and use is not recommended. You can reduce the risk of recreational drug taking with [The Loop's](#) harm reduction guide or check out [Drugs and Me](#) or [Talk to Frank](#)

[Brook](#)

For free and impartial sex and relationship advice

[National Debt Line](#)

For free advice on debt

[Drink Aware](#)

Get educated about alcohol and find tips on managing your relationship with it

Extras

[I Weigh](#)

[Forest bathing](#)

[Sleepio](#)