



# Healthy Mind MENU

## Starters

BITE SIZE ACTIVITIES THAT CAN BE DONE ANYWHERE

### **SLOW YOUR BREATHING DOWN**

Just 2-3 minutes will help loosen the 'thought knots' in the mind at times of stress

### **LEARN 3 MINUTE MINDFULNESS**

Mindfulness trains your brain to be focused and calm. With better focus you're more productive, feel happier and more in control of your life

### **SMILE AT OTHERS**

Research on facial expressions shows that smiling makes you happy. A smile can generate more pleasure in the brain than eating chocolate

## Mains

SUBSTANTIAL INGREDIENTS TO POSITIVE MENTAL HEALTH

### **RESTFUL SLEEP**

Even partial sleep deprivation has a significant effect on our mental state

### **PRACTISE A PLEASANT ACTIVITY EACH DAY THAT DOESN'T INVOLVE ALCOHOL**

'Like to' activities help fuel you, while 'must do' activities can deplete you

### **MAKE PLANS WITH SUPPORTIVE PEOPLE**

People with strong family or social connections are generally healthier than those who lack a support network

## Desserts

DAILY TREATS THAT MAINTAIN POSITIVE MENTAL HEALTH

### **PAY SOMEONE A COMPLIMENT OR SAY THANK YOU**

Generosity and gratitude activate areas of our brain linked to sustainable happiness

### **BE STILL FOR 3 MINUTES**

Notice 5 things you can see and hear

## Sides

### **RESOURCES AND APP'S TO SUPPORT A HEALTHY MIND**

Smiling Mind, Breathe, Calm, Mood Tracker, Sam Anxiety APP

**Psychological Therapies are a great source of strength, building protein for the mind**

Cognitive Behaviour Therapy [CBT] works on the basis that while you can't always change your circumstances, you can change the way you perceive them. Identifying unhelpful thought processes and adjusting them to see the world more realistically can have huge effects on your mood and behaviour. CBT is regarded as one of the most successful treatments for depression and anxiety