

10 tips to boost your mental health

1. Make social connections a priority, few things can beat the mood-boosting power of connecting with other positive people.
2. Regular exercise or activity can have a major impact on your mental and emotional health, improve memory, and help you sleep better.
3. If you feel stressed, or worried, sharing these with someone who cares can be an effective ways to restore calm and relieve stress.
4. Give Your brain a holiday take some quality time to switch off thinking and relax your mind from everyday problems.
5. Appeal to your senses. by listening to an uplifting song or walking in nature enjoying the sights and sounds of the forest or a river.
6. Take up Yoga, mindfulness, meditation, and deep breathing can help reduce overall levels of stress.
7. Take some me time to relax, and pay attention to the positive things about your day, all the small things. and write them in your journal to read later.
8. Eat brain-healthy foods that support your mood such as fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews, and peanuts), avocados, beans, leafy greens and fresh fruit such as blueberries.
9. Sleep is our body and mind's best way to recharge and rejuvenate. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, or computers before bedtime. Consider a warm bath or shower and listening to relaxing music instead.
10. Get help if you need it. If you or a loved one needs support, there are many programs and resources that are available to you

Better understanding of ourselves, how our minds work and how to protect from mental stress can help us understand and resolve mental health issues.

Be kind to yourself!



Mental health” refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. Mental health actively effects on physical and emotional wellbeing so it’s vital to treat this as soon as possible.

Aotearoa Life Education Foundation



Anyone can experience mental or emotional health problems over a lifetime, many of us will. One in five lives on average experience mental-health or substance-use problems. These tips can help you elevate your mood, become more resilient and enjoy life more.

