

WHAT CAN YOU DO FOR YOUR MENTAL HEALTH AND FOR OTHERS?

According to The World Health Organisation (WHO) mental health is a “state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”, but not everybody can cope with daily life stress and have positive thoughts all year round. That’s why we created this short list of creative activities that can be done to improve your mental health today, this month or this year!

WRITING OR JOURNALING

Writing can help you to recognise your feelings, release emotions and express yourself. You don't need a fancy notebook or an app. Just get a piece of paper, a simple notebook and start putting your thoughts in there.

DO A PUZZLE

Doing a puzzle helps to keep your brain active. It helps you focus on something other than negative thoughts, improves your problem solving skills and memory, (Jill Riley, M.S.N). Complete a puzzle this weekend and share it with us under the hashtag [#Creativityformentalhealth](#)

TAKE A WALK

Walking has a huge positive impact on your body, it helps to improve your fitness, strengthen the bones and reduce excess body fat. If you walk regularly, you can reduce the symptoms related to chronic mental health. Try the meditative walk from the mind walk <https://www.mindful.org/daily-mindful-walking-practice/>

MAKE A RECIPE

Get in the kitchen and prepare your favourite recipe. Or give it a twist. Share your results with us under the hashtag [#Creativityformentalhealth](#)

TALK TO FRIENDS

Last but not least, call a friend, have a coffee, go for a visit. It will improve your mood to see that person that you care about and know that it is there for you!

BUT SOMETIMES IT MAY BE THAT A FRIEND NEEDS HELP, SO WHAT CAN YOU DO FOR OTHERS?



Reassure your friend, colleague or family member that you care for her/him/them.



Be a good listener



Take a walk together



Share this document with them!



Treat them with respect and dignity

