It's Mental Health Awareness Week

13 – 19 May

Mental health problems can affect anyone, any day of the year, but this is a great time to show your support for better mental health and focus on your own wellbeing too.

Why not have a go at one of these six relaxation tips

Listen to some music

Your favourite tunes can help you to switch off. Tracks with a slower tempo, or designed with relaxation in mind, might be a good choice.
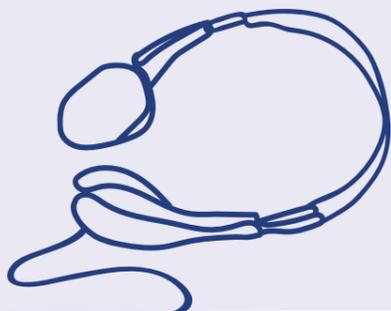
Try a breathing exercise

Gently breathe in through your nose and out through your mouth, keeping the pace slow and regular. Slowly tense then relax all the muscles in your body, starting at your toes and working up to your head. Afterwards just take some time to be still and focus on how your body feels.

Pause for thought

Introduce small moments of relaxation into your day. Take a moment to stop and look around, or close your eyes and listen to the sounds you can hear. Mindfulness techniques like this can help you to feel calmer and more in the moment.

Try active relaxation

Gentle exercise like yoga, tai chi or pilates, or a stroll in the fresh air, can all give you time to unwind your body and mind. Exercise also releases 'feel-good' hormones, which can help reduce depression and anxiety.

Where are you happiest?

A tropical beach? The park on a sunny day? Imagine you're there. Think of the sounds and smells around you, and how you feel. This can bring back nice memories and help you to unwind.
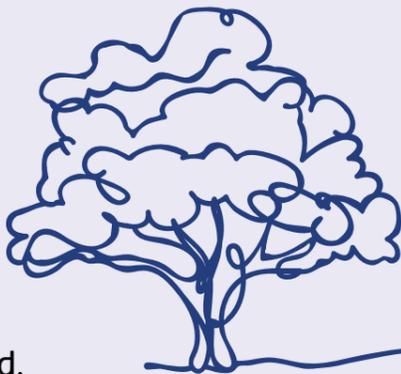
Keep practising

Try not to worry if relaxing doesn't come easily. Set aside some time every day, or as often as you can, to try relaxing. Find a quiet, warm space where you won't be interrupted, to help keep your mind focussed and free from distractions.

Find out more at mind.org.uk/MHAW19

#MentalHealthAwarenessWeek

mind
for better mental health