

# Mental wellbeing

## Get your five-a-day

We've all heard that eating five portions of fruit and vegetables a day can help maintain a healthy body. But did you know there is a five-a-day that can help keep your mind healthy too?

Research suggests there are five important areas that are good for our mental wellbeing.

Firstly, ask yourself a few important questions.

1. Do I need to improve any relationships?
2. Am I stuck with choices I made in the past?

3. Do I feel free and have choice over my life?
4. Do I have enough fun?
5. Do I feel valued?
6. How can I increase my sense of self worth?

Look at the five areas below. Find an activity in each area everyday that is achievable. Write them down overleaf; tear off the slip and keep it with you as a reminder.

Share it with someone you trust. They may help you get your five-a-day or they may want to find five of their own!



### Connect

With people at home, work, school or in your local community.

### Learn

Learn a new skill or renew an interest or hobby.

### Be active

Find a physical activity you enjoy that suits your mobility and fitness.

### Take notice

Be aware of the world and your feelings - savour experiences.

### Give

Join a group, volunteer, smile.

## What is mental wellbeing?

Mental wellbeing is about how good you feel in yourself. What you do and think determines your mental wellbeing.

Doing this five-a-day helps your mind to be healthy. You are the best person to decide what you can do. Use these activities to give your mind its five-a-day.

## Feeling low or anxious?

If you feel low or anxious find someone who will listen and who you're happy to talk to. This could be a friend, relative, counsellor or your GP.

There are websites that may help you understand your feelings and how to control them.

[www.lltff.com](http://www.lltff.com)

Online community with self help courses and guidance on depression and anxiety.

[www.moodscope.com](http://www.moodscope.com)

Social networking for people with depression.

[www.mindapples.org](http://www.mindapples.org)

Tips on how to give your mind its five-a-day.

[www.fearfighter.com](http://www.fearfighter.com)

Self-help for people with anxiety and phobias.



My five-a-day

fold here

In a crisis? Keep the number of someone you trust handy. Don't suffer in silence.

**The Samaritans: 01872 277277**

**Out of Hours Team: North Cornwall, Caradon, Restormel - 08452 303901**  
Carrick, Kerrier, Penwith -  
**08452 303902**