

WORLD Mental Health DAY

10TH OCTOBER 2025

10 top tips for good mental health



1. Get plenty of sleep

Sleep is important for both our physical and mental health if helps to regulate the chemicals in our brain that transmit information and are important to. These chemicals are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious. If you regularly experience problems sleeping talk to your doctor.

2. Eat well

Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Aim for a healthy well-balanced diet and limit sugar and processed foods where you can. If you are stressed or anxious, try to limit caffeine as this can increase anxiety.

3. Keep alcohol to a minimum

Regular alcohol use can change the balance of chemicals that help your brain to think, feel, create, and make decisions. Minimising alcohol use will have positive effects on your mental and physical wellbeing. If you do regularly consume alcohol and are having trouble cutting down talk to your doctor for advice.

4. Get some sunshine

Sunlight is a great source of vitamin D which is important for our bodies and our brains. Sunlight helps our brain release chemicals which improve our mood, like endorphins and serotonin. Try to get some sun when you can, but make sure you keep your skin and eyes protected.

5. Manage stress

Stress is often unavoidable but knowing what triggers your stress and knowing how to cope is important for your mental health. Try to tackle problems face on and if you are having trouble sleeping or constantly worrying about what you have on write them down and tackle what you can head on.

6. Get moving

Activity and exercise are essential in maintaining good mental health. Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood, reducing stress, anxiety and fatigue and can also lead to living a longer life. Even a short walk can have benefits for your mental health.

7. Spend time doing the things you enjoy

Try to make time for yourself like going for a walk, reading, painting, or watching a TV show you like. You deserve time for yourself. Not setting time aside for things you enjoy can lead to irritability and being unhappy.

8. Connect with others

Make an effort to maintain good relationships and talk to people whenever you get the chance. Having friends is important not just for your self-esteem, but also for providing support when you're not feeling too great.

9. Do something nice for someone else

Helping other people isn't just good for the people you're helping; it's good for you too and can help your self-esteem and make you feel good about your place in the world. Not sure what to do? Try donating blood or volunteering with a local charity or simply cleaning up the rubbish on the street on your way home from work or school.

10. Ask for help

One of the most important ways to keep yourself mentally healthy is to recognise when you're not feeling good and ask for help when you need it. Speak out, its ok to reach out to your friends and family or your doctor for support when you need it.

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