

MENTAL WELLBEING VITAMINS

Look at these strategies as mental wellbeing vitamins. Please select at least five from the list below every day. Mental wellbeing vitamins can be taken liberally!

■ A

Acceptance. Accept that change is a part of living. Accepting circumstances that cannot be changed can help you to focus on circumstances that you can alter.

Ask. Ask for help and support.

■ B

Belief. Believe you can do it. Believe you deserve it. Don't let your beliefs limit you.

Blessings. Count your blessings, not your problems.

■ C

Care. Remember each day to do something that involves caring for yourself.

Connect. Connect with family, friends and your community.

■ D

Do. Deal with it, delegate it or dump it.

Determination. This is about keeping going, even when times get tough. If you slip, it's okay, refocus by doing one simple step to put you back on your pathway. Dreams happen when your actions are greater than your excuses.

■ E

Encourage. Become your own coach. Encourage and support all your efforts by building hope and confidence.

Exercise. Walk, swim, jog, cycle, run, play tennis, dance, play football, play golf.

■ F

Forgiveness. Forgive people who have hurt you. This is not something we do for others, but something we do for ourselves to get well and to move on.

Future. Visualize your future as full of hope, courage and authenticity – a future in which you are your real self and living in tune with your own values.

■ G

Goals. Move towards your goals. Develop some realistic ones. Do something regularly – even if it seems like something small – that enables you to move towards your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What's one thing I know I can accomplish today that helps me to move in the direction I want to go?”

Gratitude. There is always something to be thankful for. Learn to practise gratitude. When you become grateful for small pleasures, your outlook changes and opportunities emerge in many areas of your life.

■ H

Hope. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

Humility. Humility is a strength. It is a form of self-respect to admit mistakes and to make amends for them.

■ I

Integrity. Choose your thoughts and actions based on your values – and choose wisely.

Imperfection. It's okay, it's real, to be imperfect. Don't seek perfection. Don't let striving for perfection become something that stops you from enjoying the present.

■ J

Justice. Be fair to others.

■ K

Kindness. No act of kindness is wasted. Doing something positive for another person can also boost our own positivity and self-esteem. Seek opportunities to help others.

■ L

Learn. Never stop learning, because there are always lessons in life. Start a new course. Try something out of your comfort zone.

Love. Give and receive love in equal measure.

■ M

Meditate. Quiet the mind and the soul will speak. Invest time and learn to meditate – it's a great stress buster.

Mindfulness. Live in the present moment, breathe, savour the moment.

■ N

Nutrition. Take care of your body – it's the only one you have.

■ O

Openness. Be open and travel light. Live an open life and allow in new opportunities.

■ P

Perspective. Keep things in perspective. Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Pleasure. Healthier lifestyles require pleasure. List the pleasures in all aspects of your life – people, places, music, movies, studying, singing, walking, swimming, dancing, gardening, talking, pets, etc. Are you getting enough pleasure in your life?

■ Q

Quality. The happiness of your life is linked to the quality of your thoughts.

Quiet. Take time out to be quiet. You will find it interesting to see what emerges.

■ R

Relationships. Grow, nurture and sustain your relationships.

Relaxation. Learn the skills of relaxation. Take time out. Relaxation is the opposite of tension.

■ S

Self-control. With self-discipline you can achieve almost anything.

Spirituality. Find a space in your life for something bigger than you.

■ T

Talk. Talk it over. Confiding in someone you trust and who will listen and be supportive is a great way of reducing stress and worry.

Time. Learn to take time out for yourself.

■ U

Unconditional. There are no measurements in the unconditional. Give freely, love freely.

■ V

View. Nurture a positive view of yourself. Develop confidence in your ability to solve problems and trust your instincts in order to help to build resilience.

Volunteer. Build a sense of self-worth and connectedness by giving to others.

■ W

Water. Drink two litres a day.

Wisdom. Ask yourself some fundamental questions: What are the important things in my life? What have I learned from the challenges I have faced? What type of person do I want to be? What type of life do I want to lead?

■ X

XXX. Sex is a great stress buster – with yourself or others!

■ Y

Yoga. Learn yoga, one of the best relaxation exercises.

■ Z

Zzzzz. Sleep and rest are essential stress busters.