SEE**ABILITY**

Looking after your mental health

What is mental health?

Easy read fact sheet

Mental health is about how you feel in your mind.

You will feel different emotions at different times.

You should feel good and happy as much as possible.

It is normal to feel sad or worried sometimes.

If you feel sad more than you feel happy, you might have a problem with your mental health.

Lots of people have problems with their mental health.

There is help you can get if you have problems with your mental health.

It is important to look after your mental health.

How to look after your mental health

There are things you can do to make your mental health better.

Exercise is good for your mental health.

You could go to the gym or just go for a walk.

There are lots of different ways to exercise.

Eating healthy food can make you feel good.

You should eat lots of fruit and vegetables.

Drink lots of water.

Try not to eat too many snacks like crisps and chocolate.

You need to keep yourself clean.

Try to wash yourself every day.

Put on clean clothes.

It is important to get enough sleep at night.

Try not to sleep too much during the day.

Some people have hobbies that make them happy.

Hobbies are things like cooking or gardening.

Seeing friends or family can also make you happy.

It is good to have people to talk to.

You should try to find things that you enjoy doing.

If you are not feeling good, breathing exercises can help.

Breathe in through your nose.

Hold your breath for 2 seconds.

Then breathe out slowly through your mouth.

Do this again to help you feel more calm.

Signs of mental health problems

There are lots of different signs that you might have a problem with your mental health.

You might feel sad more than usual.

You might feel really tired.

You might want to be on your own.

You may not want to eat food.

You might be thinking about hurting yourself.

Your heart might beat really fast.

You might feel sick.

If you can not do anything to make yourself feel better you might have a problem with your mental health.

What to do if you are worried

Lots of people have problems with their mental health.

If you are worried about your mental health you are not alone.

You should speak to a person you trust.

You should also talk to your doctor.

They might give you medicine to try and make you feel better.

It is really important to tell people if you are worried.

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Reviewed: January 2023

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