**Top tips for improving your mental health and wellbeing**

[**https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm**](https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm)

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| Get plenty of sleep. Sleep is really important for our physical and mental health. ...Eat well. ...Avoid alcohol, smoking and drugs. ...Get plenty of sunlight. ...Manage stress. ...Take up regular activity and exerciseDo something you enjoy. ...Connect with others and be sociable.Take up yoga, tai chi or other kinds of exercises Read something inspiring and nurturingPractice relaxation techniquesAsk for help | If you have a faith – draw comfort from your community and beliefs and practicesGo for a walkTake up a hobbyLearn something newVolunteer or do something for a charitable cause – help someoneSay hello to your neighbours Arrange a family/friends mealDo some gardening – start with a plant potPlay a musical InstrumentPaint, draw |

**HelpGuide.org - Your trusted guide to mental health & wellness:**

**What gives you meaning and purpose?**

**Engaging work that provides meaning to yourself and others**

Partake in activities that challenge your creativity and make you feel productive, whether or not you get paid. Some ideas are gardening, drawing, writing, playing an instrument, or building something in your workshop.

**Relationships**

Spending quality time where you give of yourself to people who matter to you, whether they’re friends, grandkids, or elderly relatives, can support both your health and theirs, while also providing a sense of purpose.

**Caring for a pet**

Yes, pets are a responsibility, but caring for one makes you feel needed and loved. There’s no love quite as unconditional as the love a pet can give. Animals can also get you out of the house for exercise and expose you to new people and places.

**Volunteering**

Just as we’re hard-wired to be social, we’re also hard-wired to give to others. The meaning and purpose derived from helping others or the community can enrich and expand your life—and make you happier. There’s no limit to the individual and group volunteer opportunities you can explore. Schools, churches, nonprofits, and charitable organizations of all sorts depend on volunteers for their survival.

**Caregiving**

Taking care of an aging parent, a handicapped spouse, or a child with a physical or mental illness is an act of kindness, love, and loyalty—and can be as rewarding and meaningful as it is challenging.

**Thriving at Work – 6 standards**

**Mind in partnership with the Chartered Insurance Institute 2018**

The CII has recently worked in partnership with mental health charity Mind3, to set out recommended standards to improve mental health amongst employees, an outline of their recommended standards include:

1. Produce, implement and communicate a ‘mental health at work’ plan that encourages good mental health of all staff and an open organisational culture.
2. Develop mental health awareness among employees by making information, tools and support accessible.
3. Encourage open conversations about mental health and the support available when employees are struggling, during the recruitment process and at regular intervals throughout employment, with appropriate workplace adjustments offered to employees who require them.
4. Provide your employees with good working conditions and ensure they have a healthy work-life balance and opportunities for development.
5. Promote effective people management to ensure all employees have a regular conversation about their health and wellbeing with their line manager, supervisor or organisational leader and train, and support line managers in effective management practices.
6. Routinely monitor employee mental health and wellbeing by understanding available data, talking to employees and understanding risk factors.