

WE CAN ALL HAVE A BAD DAY, IF YOU HAVE ONE HERE ARE SOME POINTERS TO HELP YOU LOOK AFTER

YOUR WELLBEING.



BEING ACTIVE CAN REALLY HELP YOU FEEL BETTER ABOUT YOURSELF, YOUR BODY AND YOUR GOALS. PHYSICAL ACTIVITY CAUSES CHEMICAL CHANGES IN YOUR BRAIN **MAKING YOU FEEL MORE POSITIVE.**

FRONT COVER



TRY SOMETHING NEW! THIS OFTEN BOOSTS CONFIDENCE AND RAISES SELF-ESTEEM. YOU COULD COOK A NEW DISH OR SIGN UP FOR A FREE COURSE?

“One small positive thought in the morning can change your whole day!”

Dalai Lama

CONNECTING WITH OTHER PEOPLE WILL STOP YOU FROM FEELING ISOLATED. **REACH OUT** AND TALK TO YOUR FRIENDS AND FAMILY.



REMAND YOURSELF TO TAKE NOTICE. TAKE SOME TIME TO ENJOY THE MOMENT AND THE ENVIRONMENT AROUND YOU.

BACK COVER

CLEAR AWAY THE CLUTTER. HAVE A LOOK AROUND YOU AND SEE IF YOU NEED TO CLEAR SOME SPACE. THIS MIGHT BE TAKING A TRIP TO THE DUMP, REORGANISING YOUR CUPBOARDS OR TIDYING THE GARDEN.



REMEMBER THAT YOU ARE **LOVED.**

HELPING OTHERS IS PROVEN TO IMPROVE YOUR SENSE OF WELLBEING. THIS MIGHT BE BY HELPING A NEIGHBOUR OR VOLUNTEERING IN YOUR COMMUNITY?





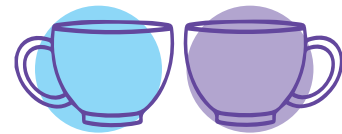
BE KIND. RESEARCH HAS SHOWN THAT SHOWING ACTS OF KINDNESS CREATES **AN INCREASED SENSE OF WELLBEING.**

REMIND YOURSELF THAT YOU ARE **FAB!**



KEEP ON LEARNING AS IT HELPS YOUR SELF-ESTEEM AND CAN GIVE YOU OPPORTUNITIES TO SPEND TIME WITH OTHERS.

TAKE NOTICE OF HOW OTHER PEOPLE ARE FEELING AND GIVE THEM SOME TIME. FEELING CLOSE TO AND VALUED BY OTHER PEOPLE IS A **CORE HUMAN NEED.**



GET A GOOD NIGHT'S SLEEP. IT'S VITAL TO ALLOW YOUR BRAIN AND BODY TIME TO REST AND RESTORE FOR EACH NEW DAY.



SELF CARE IS IMPORTANT. SHOWERING, CLEAN HAIR AND FRESH CLOTHES WILL ALL IMPACT HOW YOU FEEL ABOUT YOURSELF TODAY.

“Success is the sum of small efforts, repeated day in and day out!”

Robert Collier

TRY SOMETHING NEW. USING YOUR BRAIN CAN GIVE YOU A SENSE OF PURPOSE.



GET OUT INTO NATURE AS FRESH AIR AND THE NATURAL ENVIRONMENT WILL LIFT YOUR MOOD AND HELP TO CLEAR YOUR MIND.



HeadsUp is funded by the European Social Fund and The National Lottery Community Fund.

IT'S OK TO ASK **FOR HELP...**



Samaritans UK Tel: 116 123
jo@samaritans.org
 Citizens Advice
www.essexcab.org.uk

IF YOU FIND YOURSELF REALLY STRUGGLING THEN PLEASE MAKE SURE YOU ARRANGE TO SEE **YOUR GP.**