

MENTAL HEALTH

MASTERCLASS

by NICK BRACKS

According to WHO, globally, an estimated 264 Million people suffer from depression, one of the leading causes of disability, with many of these people also suffering from anxiety.

TIP SHEET FOR LOOKING AFTER OUR MENTAL HEALTH IN UNCERTAIN TIMES

Looking after our mental health

It is more important than ever that we create healthy daily habits in order to cope with the uncertainty caused through COVID-19. Creating a new habit can often be overwhelming – I am sure we can all relate to that feeling of making up any excuse possible to avoid taking action. The key is to keep it super simple and start small. Pick just ONE thing (the most important thing) you want to work on, and stick at that until it becomes a new habit. We created Mental Health Masterclass for this exact reason...to give EVERYONE access to the information and tools to create daily change in our mental wellbeing.

Exercise

Simple movement can make all of the difference. Find a small space at home and do 15 minutes of exercise per day. It can be anything...push ups, lunges, skipping...just move at your own pace!

Nutrition

Make sure (to the best of your ability) that you are eating well and drinking enough water.

Sleep

Stress can affect our sleep patterns. If we follow the healthy behaviours above, we will sleep better and in turn have less stress.

Phone a friend

Call your best friend or a loved one (or a few of them) and offload your stress. Make it clear that they can do the same to you. Being heard can go a long way.

Meditation

Take 5 minutes a day to sit with your thoughts. There is no perfect way to do this...you can use a mantra, focus on breathing, use an app (there are hundreds of free ones online). Just give yourself the time out.

[CLICK HERE TO TRY MENTAL HEALTH MASTERCLASS!](#)



NICK BRACKS copyright@nickbracks