Here are some tips and resources to help you look after your mental health and wellbeing.

**Keep to a routine.**
Planning your day can help you feel grounded if you’re feeling uncertain about the future. Try to prioritise eating well, getting plenty of sleep and exercising – taking a short walk outside at lunchtime can be a great place to start.

**Spend time outdoors.**
Whatever way you can, taking some time to enjoy the outdoors can have a positive effect on your mood. Our [nature and mental health webpage](#) has lots of tips for different ways to enjoy nature both inside and outside.

**Talk about how you’re feeling.**
Talking can help put things into perspective and help us feel less isolated. It can be hard to reach out but talking to a trusted friend, colleague or family member could really help.

**Make time for yourself.**
It could be something creative, playing sports or taking a copy of the paper to a park for half an hour in the sun. Even stepping away and taking a five-minute break over a cup of tea can help you relax and recharge.

**Pay attention to how you are feeling.**
Our [self-help web app](#) can help you track your mood and includes practical tips and techniques to help you look after your emotional health.

**Take a break from the news and social media.**
If you find it hard to stay offline, prioritising other activities can help you switch off. Try turning off your notifications or leaving your phone in another room for a few hours. If your job involves lots of screen time, taking a break away from your devices after work might help you relax.

**Try a relaxation exercise.**
Sometimes something simple like [controlled breathing](#) can help us feel calmer. [Muscle relaxation exercises](#) can also help reduce feelings of stress or anxiety. If you can, find a quiet space and try out these exercises. They’re easy to remember and can be used while you are out and about.

**Whatever you’re facing, we’re here to listen.**
Call free day or night on [116 123](#)
Email [jo@samaritans.org](mailto:jo@samaritans.org)

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