

# 5 NEW YEAR'S RESOLUTIONS TO IMPROVE YOUR MENTAL WELLBEING



New Year's Eve is a common time for people to make changes and resolutions to improve their life. If you want to make some positive changes to your wellbeing this year, here are 5 resolutions to consider.

## 1. BE PHYSICALLY ACTIVE EVERY DAY

Getting some exercise can do wonders for your health, including your mental health. If you aren't up for joining a gym or doing a big workout at home, consider going for a walk around your neighbourhood, or even doing some stretches or yoga.



## 2. GET ENOUGH SLEEP

There is ample research showing a link between getting a good night's sleep and a positive effect on mental health. Practice good sleep hygiene this year set a bedtime, put your phone away, whatever works best for you.

## 3. STAY MINDFUL AND BE IN THE MOMENT

Quite often people feel like days go past in a whirl, without remembering to check in with themselves. Unplug from social media and take in your day. Practice being mindful and notice not only your surroundings, but how you're travelling mentally as well.



## 4. ALLOW TIME FOR YOURSELF EACH DAY

It's important to take some "me-time" when you can. This could be different for everyone, maybe you enjoy a warm bath, or spending some time doing a hobby. Whatever it is, carve out some time to spend for yourself.

## 5. ASK FOR HELP WHEN YOU NEED IT

It's not always easy, but when you aren't managing so well it's important to ask for help when you need it. Either from a friend, family member, or a formal support service, don't be afraid to let someone know how you're doing. If you need support over the holidays, LETSS is open 365 days a year, from 5:00pm - 11:30pm. Give us a call on 1800 013 755.

