

# ACTION

FOR YOURSELF.  
FOR SOMEONE ELSE.  
FOR ALL OF US.



MENTAL  
HEALTH  
AWARENESS  
WEEK  
11-17 MAY 2026

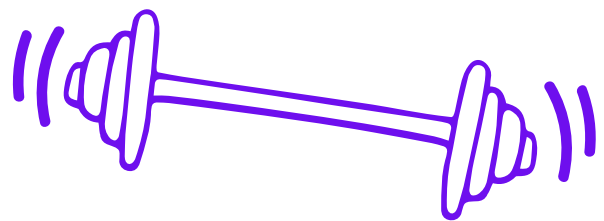
## Eight actions to improve mental health in the long term

Taking action to support your mental health can help you feel better in the present moment. But it can also have long-term benefits, helping you to manage better in the future.

Creating sustainable mental health actions that fit into your daily or weekly routine is important for making them into habits that stick. Here are eight long-term mental health strategies to help you make sustainable, positive changes to your wellbeing:

### 1. PRIORITISE YOUR HEALTH

Being physically active, sticking to a healthy, balanced diet, and getting enough sleep play a big part in maintaining good mental health as well as physical health.

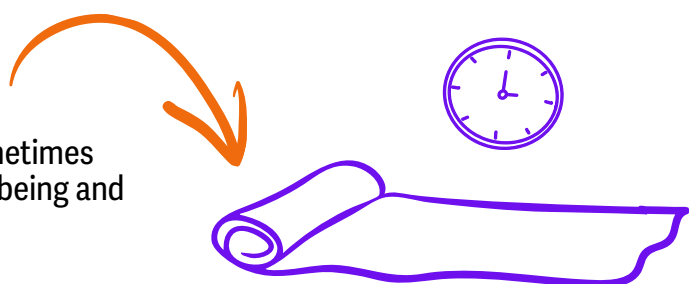


### 2. CONNECT WITH OTHERS

Regularly spending time with friends, family and loved ones is great for preventative mental health care. Staying socially connected can help you feel less lonely, allow you to share positive experiences with others, and may also lower the risk of serious health problems in the future.

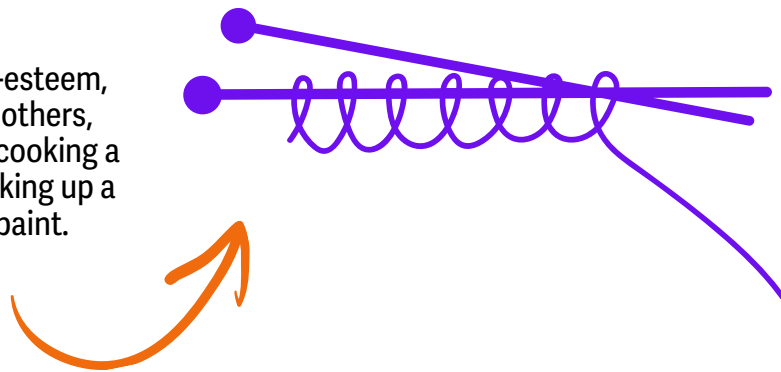
### 3. BE PRESENT

Paying attention to the present moment, sometimes known as 'being mindful', can boost your wellbeing and help you see things from new perspectives.



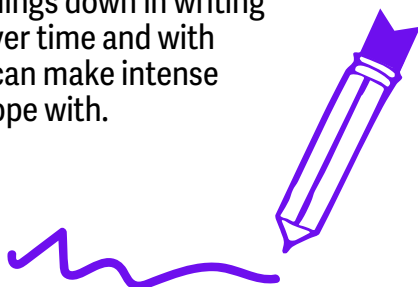
## 4. LEARN A NEW SKILL

If you're looking for ways to boost your self-esteem, build a sense of purpose, and connect with others, learning a new skill can help. You could try cooking a new recipe, working on a DIY project, or picking up a hobby that challenges you, like learning to paint.



## 5. LEARN TO UNDERSTAND AND MANAGE YOUR EMOTIONS

Feeling very upset makes it difficult to think clearly, make healthy decisions or relate to others. Paying attention to our feelings and reflecting on what caused them, without judgement, can help us understand and manage them better. Putting our thoughts and feelings down in writing can help with this. Over time and with practice, these steps can make intense emotions easier to cope with.



## 6. SET BOUNDARIES:

Setting boundaries doesn't always feel easy or comfortable at first, but it can help reduce stress, prevent burnout, build self-esteem, and improve relationships overall. Think about what your personal limits and values are and let these guide you when setting new boundaries.



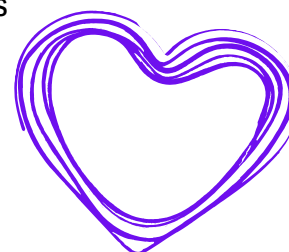
## 7. PRIORITISE SLEEP

Good quality sleep is fundamental to emotional and cognitive wellbeing. Disrupted or insufficient sleep can increase our vulnerability to stress, anxiety and depression. Simple steps like keeping a consistent bedtime, winding down before sleep and reducing screen time in the evening can all support good sleep and help you feel more resilient.



## 8. SEEK PROFESSIONAL SUPPORT

If life feels overwhelming, asking for professional support may help. Talking therapies can treat many mental health difficulties and help you build emotional resilience, creating long-lasting mental health improvements.



Everyone deserves good mental health.  
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)