



Looking after your mental health...

# Tips to happier living

HARINGEY

community  
**PROTECT**

# Feeling stressed *or anxious?*



## **Use breathing to stay calm and to relax**

Breathe out for longer than you breathe in and focus on relaxing tense muscles.

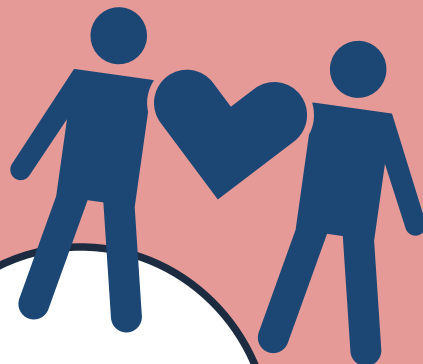
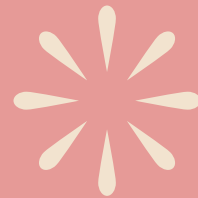
Give yourself time and find a technique that suits you.

## **Be kind to yourself**

Try not to be critical of yourself and reward yourself when you accomplish things.



# Improve your wellbeing and watch out for others...



## 1. Connect

- Talk to someone.
- Arrange a day out with friends or family.
- Try switching off the TV to talk or play a game.
- Have lunch with a colleague, friend or family member.



## 2. Be active

- Find free activities to help you get fit.
- Go for a daily walk.
- If you're disabled, find out about getting active with a disability.
- Do some 'easy exercise', like stretching, every day.





### 3. Take notice

- Get a plant for your home or workspace.
- Have a 'clear the clutter' day.
- Take notice of how your friends or colleagues are feeling or acting.
- Visit a new place.



## 4. Learn

- Read the news or a book.
- Do a crossword or Sudoku.
- Sign up for a class.
- Learn to cook something new.

An illustration of a dark blue hand holding a dark blue heart. The background is a vibrant, abstract design with shades of pink, orange, and yellow, featuring stylized clouds, starburst patterns, and a rainbow in the bottom right corner.

## 5. Give

- Say thank you to someone for something they've done for you.
- Ask friends, family or colleagues how they are.
- Spend time with someone who needs support or company.
- Volunteer in your community.

# Mental Health Support in Haringey

## Mind in Haringey

Support for people who have experienced mental health problems.

📞 020 8340 2474

🏠 [MindinHaringey.org.uk](http://MindinHaringey.org.uk)

## Samaritans North London

Whatever you're going through, get in touch. 24 hours a day, 365 days a year.

📞 0330 094 5717

(local branch)

📞 116 123

(free national line)

🏠 [samaritans.org](http://samaritans.org)

## Let's Talk IAPT

Online NHS service providing worry and low mood therapies to people aged 16+.

📞 020 3074 2280

🏠 [lets-talk-iapt.nhs.uk/haringey](http://lets-talk-iapt.nhs.uk/haringey)

## Kooth

Free, online, safe and anonymous support for young people aged 11-18 and up to 25 with additional needs.

🏠 [kooth.com](http://kooth.com)

## NHS GO

Confidential health advice and information service for 16-25 year olds.

🏠 [nhsgo.uk](http://nhsgo.uk)

## Rethink Mental Illness - NCL Support After Suicide

For people who have been bereaved by suicide.

🏠 [rethink.org](http://rethink.org)

## Good Thinking

Online service supporting Londoners to look after their mental health.

🏠 [good-thinking.uk](http://good-thinking.uk)

community  
**PROTECT**

Click any  
service to load  
their website