

Tips to Boost Your Mood

Get Up and Move to Improve Your Mood

Exercise is one of the best ways to improve your mental health



- > Regular exercise can help you feel more energetic throughout the day, sleep better at night, have a sharper memory, and feel more relaxed and positive
- > It helps with depression by releasing endorphins - brain chemicals that make you feel good
- > Exercise helps reduce anxiety and relieve tension and stress
- > It can assist with building resilience to help you cope in a healthy way when faced with mental and emotional challenges
- > 30 minutes of moderate exercise five times a week is ideal, but a little activity is better than none
- > If you don't have time for exercise, try to make physical activity part of your daily routine - clean the house, garden, mow the lawn, or walk the dog

Exercise is a powerful tool to feel better, no matter what your age or fitness level

Tips to Boost Your Mood

Problems Feel Smaller When You Share Them

Talking about what's troubling you has been proven to have a positive impact on how you feel



- > It can be scary to open up about mental health, but doing so will allow the people in your life who love and care about you to be supportive
- > Talking to people you trust can be a really good source of support, but if you are not comfortable talking to someone close to you, call a support line or talk to your GP
- > You might find it easier to start the conversation when you are doing something else, such as going for a walk or grabbing a coffee together
- > If the person you've chosen to talk with doesn't react in the way you expect, don't give up, find someone else who may be better equipped to help you
- > Let the person know what they can do to help you

Remember you are not alone

Tips to Boost Your Mood

Boost Your Mood with Healthy Food

What you eat can make a big difference to how you feel



- > Ditch highly processed foods and sugar. Once the initial “sugar high” quickly wears off, it can leave you feeling tired and low
- > Wholegrains, vegetables and fruits will provide your brain with essential nutrients
- > Include protein - such as meat, dairy, eggs, nuts and oily fish in your diet for nutrients that improve mood
- > Eat regularly throughout the day to help maintain blood sugar levels
- > Keep up your fluid intake, particularly water. Even mild dehydration can leave you feeling restless or irritable
- > Limit alcohol as it can have a depressant effect on the brain

Making healthier food choices can have a positive effect on your mental health

Tips to Boost Your Mood

Reduce Your Daily Screen Time

You'll be more productive, feel calmer and happier, and improve relationships, sleep and physical health



- > People who spend a lot of time on social media are more likely to suffer from depression, anxiety and low self-esteem
- > Improve your relationships by putting down your phone and socialising face-to-face
- > Be more present so you don't miss out on what's going on around you
- > Improve sleep - artificial blue light from screens can suppress melatonin, leaving you more alert and awake, struggling to sleep and feeling tired the next day
- > Be more productive - taking a break will show you just how much time you waste on it
- > Improve physical health - spending too much time inactive on your phone, watching TV or on a computer can lead to back and neck problems and weight gain

Try a digital detox by restricting or banning screen time for a period each day

mherc.org.nz | 0800 424 399



Mental Health Education & Resource Centre

Tips to Boost Your Mood

Improve Mental Health with Pets

Pets can reduce anxiety and stress and are a great source of comfort, companionship and motivation



- > Caring for a pet gives you purpose and a sense of achievement
- > Stroking, sitting next to or playing with a pet can have a calming effect
- > Walking your dog is great exercise and it helps you socialise with others in the community
- > Pets help with loneliness as they give a sense of security and make you feel valued and needed
- > Older people can benefit from the company of a pet to help with life stresses such as bereavement
- > Pets can be very beneficial for children with ADHD or Autism Spectrum Disorder

Pets can help you live a mentally healthier life