

Quick tips on sleep



Make your bedroom a calm space
Make sure the light, temperature and sound level suits you. Cool, dark and quiet usually works.

Turn off electrical screens
TVs, computers and phones all stimulate your brain, making it hard to relax.

Try a breathing technique
In a comfortable position, breathe in deeply – then breathe out slowly. Try to make your out-breath longer than your in-breath. Repeat until you feel relaxed.

Notice what you eat and drink
Caffeine, alcohol and sugary foods can all disturb your sleep patterns.

Try to do some exercise
This will improve your sleep, as long as it's not too late in the evening.

Check for a physical cause
Pain, illness or other physical problems can disturb your sleep. Visit your GP to investigate potential causes.

Talk to your partner
Snoring, preferred side of the bed and other common issues can often be easily resolved.

Plan your day
Try to do more worrying tasks earlier in the day and relaxing ones later.

Keep a sleep diary
This may help you spot patterns in your everyday sleeping habits and give you insight into what might be causing you problems.

Change your medication
Many drugs, particularly common ones for mental health problems, can affect your sleep. Talk to your GP to discuss alternatives.

Mind Infoline: 0300 123 3393
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Quick tips on stress



Work out your stress triggers
Then you can think about what you could do to manage your triggers better.

Sort out your worries
Divide them into those that you can do something about (now or soon) and those you can't.

Get organised
Make a list of jobs – tackle one task at a time, and alternate dull tasks with interesting ones.

Be active
Physical activity can help you feel calmer, stronger, and better able to deal with emotional stresses. Try something you enjoy, such as walking the dog, dancing, playing a sport or gardening.

Take regular breaks
If you feel things are getting on top of you, try taking a short stroll or having a hot drink.

List your achievements
Include everyday tasks like cooking or shopping. You can read the list whenever you need a boost.

Get a different perspective
Discussing your problems with someone else can give you new ideas for dealing with your problems. Sharing your thoughts can also help you feel calmer and listened to.

Take control
Get started by doing one task you feel you can manage – for example, making an appointment or doing the dishes.

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