

Strengthen your mental health

6 tips to help you feel good

We all want to feel good!

- About our lives
- About ourselves

We then feel positive towards life.

For this, everyone needs something different.

Health is important.

Health implies your body and mind.

By mind, we mean everything that we feel and think.

Do you feel physically and mentally healthy?

Do you feel good?

- You can use your skills.
- You do your job well.
- You deal well with difficult situations.
- You can deal with stress.

Everyone can improve their health.

This is how you keep your body healthy:

- You brush your teeth.
- Perhaps you eat healthy food.
- You move enough.
- And you go to the doctor for check-ups.

This is how you keep your mind healthy:

You can make yourself mentally fit for difficult times. Perhaps, you are stressed. Or something is worrying you. Knowing what you can do will help you in difficult times.

Here are 6 tips.

These tips show you how you can strengthen your mind. Try them out. Think about these tips.

Talk about them with others. Exchange ideas and experiences with others.

We wish you success and fun!



Kantone und pro mente sana



Im Auftrag von:
Gesundheitsförderung Schweiz
Promotion Santé Suisse
Promozione Salute Svizzera



Talk to other people

Talk to others when you're happy or sad

- If you talk about your problems with others, the problems don't seem so bad.
- If you're happy and talk to others about it, you will be more joyful.

When someone takes you seriously and understands you, you will feel lighter.

This can help you to better understand what you are feeling. You can then deal with your feelings better.

Ask yourself these questions

- Who do you talk to when you are happy or sad?
- When was the last time you asked someone how they were? For example, a good friend or someone in your family?
- Is something worrying you? Are your thoughts going around in circles? Do you share this with someone, or do you prefer to keep it all to yourself?
- Have you already talked to someone honestly today?

Tips for a good conversation

- Take enough time for the conversation.
- Listen to the other person carefully.
- Sometimes professional help is needed. Do you have problems that weigh heavily on you? Seek help from an expert.



Have good relationships with others

Family and friends are important

- You feel safe. They are there for you when you need them.
- They like you just the way you are. But they may also criticise you.
- They support you in difficult times.
- They help you to make decisions.
- You can speak to them about everything. They don't tell anyone your secrets.
- You can argue with them and make up again.

Therefore, meet with other people, such as your friends, relatives, or acquaintances.

Volunteering is also good for you: You work together with others on a task. You get to know more people.

Ask yourself these questions

- Who are the people you enjoy spending your free time with? Which people are good for you and which ones are not?
- Do you make time for your family and friends as often as possible?
- When did you last get in touch with your best friend?
- Are you still in contact with people from your country of origin? Will you manage to maintain these contacts?
- Where can you meet more people?
- Where can you get involved in a good cause within your community?

Tips for good relationships with other people

- Shared rituals: Meet up regularly, go for a coffee or have a picnic, for example.
- Phone calls: Call friends you haven't seen for a long time.
- Stay in contact: Message each other or make video calls.
- Daily diary: Write down your nice experiences/moments.
- Say something nice: Did you think of something nice about someone? Say it.
- New contacts: Get involved in a community or try a new hobby.
- Voluntary work: Join a club or an organisation.



Move and Relax

Move and relax every day

We are stressed at work. Everything must happen faster each day.

We receive too much information. That's exhausting.

- Exercise enough. It's fun. And you forget your stresses.
- Relax regularly.
- Take frequent breaks and breathe consciously. Breathe deeply and slowly.
- Ensure you sleep well.
- Eat healthy food. Be careful with alcohol and addictive substances.

Ask yourself these questions

- How often do you exercise/move in your daily life?
- How do you like to exercise? For example: by swimming, hiking, walking, dancing, doing yoga, cycling?
- For how long do you exercise? Have you exercised for half an hour without a break today?
- How can you best relax?
- Do you have specific times for relaxation?
- What gives you energy? For example: making music, listening to music, running or craftwork?

Tips for more movement

- Move/exercise regularly: at least 3 times a week for 30 minutes.
- Get off the tram one stop earlier and walk.
- Use the stairs, avoid the lift.
- Go for a walk or take the neighbour's dog for a walk.
- Meet friends and do sports together. For example, playing football, or walking.
- Dance to your favourite music.

Tips for more relaxation

- Listen to the birds sing.
- Think of something beautiful: imagine your favourite place.
- Sit quietly for 15 minutes and look out of the window. Concentrate on your breathing.
- Try a relaxation technique. For example, Yoga or listening to music. Make it a part of your daily routine.
- Plan something nice. Like cooking, playing, walking, or reading together with someone.
- Start a reading club: read a book together and speak about it.



Do something new

Discover and learn new things

Are you learning something new or being creative? It's fun. And it's good for you.

- You become more self aware.
- Your routine gets more interesting.
- You can cope better and feel less stress.

We don't learn just with our heads. We learn with our entire body.

Ask yourself these questions

- What creative things do you do? For example: drawing, making music, crafts.
- What are you particularly good at? For example: cooking, singing, painting, repair work, gardening, woodwork, stitching clothes.
- How often do you make time for this?
- What would you like to learn?
- Are you really good at something and want to teach it to others?

Tips for new things in your life

- Change your living place. For example, rearrange furniture. Decorate differently. Redo your balcony
- Build something. For example, a bird feeder or a new kitchen table.
- Write the story of your life.
- Organise your photos.
- Attend a course. For example, painting, pottery, sewing.
- Learn through videos on the internet. For example, a language, or how to recognise bird calls.
- Visit a museum.
- Write down your ideas and set a concrete goal for yourself.



Know your worth

Accept yourself the way you are

No one is perfect. Everyone has faults. That's what makes us unique. Can you accept yourself as you are? Once you accept yourself, you will feel better about yourself. Everyone is good at something, and everyone is not so good at something else.

- Do you know what you're good at? It's okay if you're not good at something else.
- Be kind to yourself. You are with yourself for your whole lifetime.

Ask yourself these questions

- Something hasn't worked out in your life: how do you comfort yourself?
- When are you at peace with yourself?
- What are you happy about in your relationships?
- What makes you satisfied at work?
- What have you done well today? Can you be happy about it?
- What are the mistakes you've made that you can laugh about?

Tips to increase self-worth

- Are you having a difficult time? Pat yourself on your back for comfort. Smile at yourself in the mirror. You'll feel better.
- Take care of your body. Pay attention to your nutrition. Exercise enough. Breathe consciously. Sleep well.
- Write down your thoughts: What is good for you? What is not good for you? What can you change?
- Are you often angry? Forgive yourself. Forgive the other person, too.
- Are there problems? Comfort yourself. Comfort your close ones, too.
- Set goals that you can achieve.



Accept help

Seek help

Everyone needs help in their life. Can you accept help? Accepting help shows that you are strong.

- Family and friends can help you.
- Perhaps you'd rather talk to someone you're not so close to.
- Do you have big problems? Seek help from a specialist. If you have problems for a long time, you can fall ill.

Ask yourself these questions

- Do you listen to your body? How does your body feel when something is wrong? Do you notice that? So you take care of yourself in time?
- Who do you ask for help? Do you know then that you will get help?
- Do you find it difficult to ask for help? Why?
- Perhaps people solve problems differently than you do. Is that okay for you?

Tips for difficult times

- Take your time. We all have crises. Have you experienced something bad? You need to process it. It takes time.
- Do only what you can do well right now. For everything else, you can ask for help.
- Don't solve all problems by yourself. Others can take responsibility, too.
- Family and friends want to help you. Tell them what they can do. Help is beneficial.

