Look after your wellbeing

Taking care of your wellbeing can help you feel more able to manage stress. Different things will work for different people, but these are some ideas you could try:

Be kind to yourself. Learning to be kinder to yourself can help with how you feel in different situations. Try to take breaks in your day for things you enjoy. And reward yourself for your achievements, even if they seem small.

Try to find time to relax. This might feel hard if you can't do anything to stop a situation that is making you stressed. But if you can allow yourself a short break, this can help with how you feel.

Develop your interests and hobbies. Spending time on things you enjoy could help distract you from a stressful situation. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people.

Spend time in nature. This can help to reduce stress and improve wellbeing. You could try going for a walk in a green space, taking care of indoor plants, or spending time with animals. Our nature and mental health pages have more information.

Look after your physical health. Getting enough sleep, staying physically active and eating a balanced diet can make stress easier to manage. Stress can sometimes make these things difficult to look after. But even small changes can make a big difference.

How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

better sleep – by making you feel more tired at the end of the day

happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy

managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.