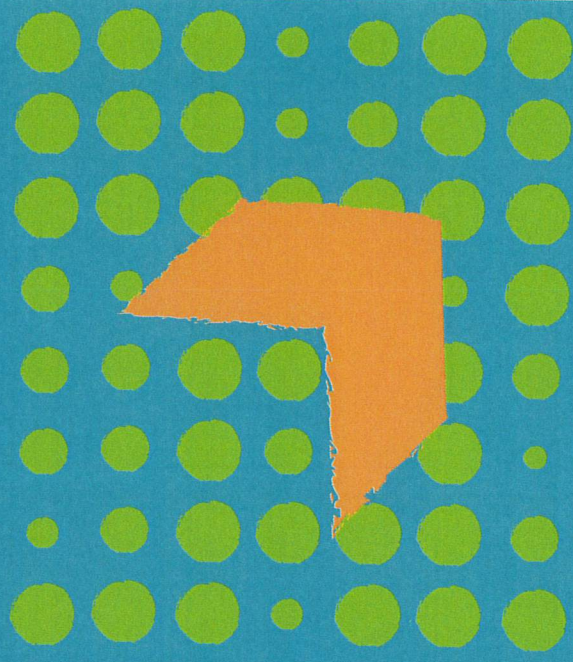
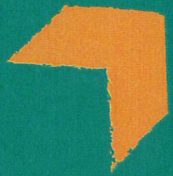


SAMARITANS

What's on your mind?

How to look after your emotional
health and support others





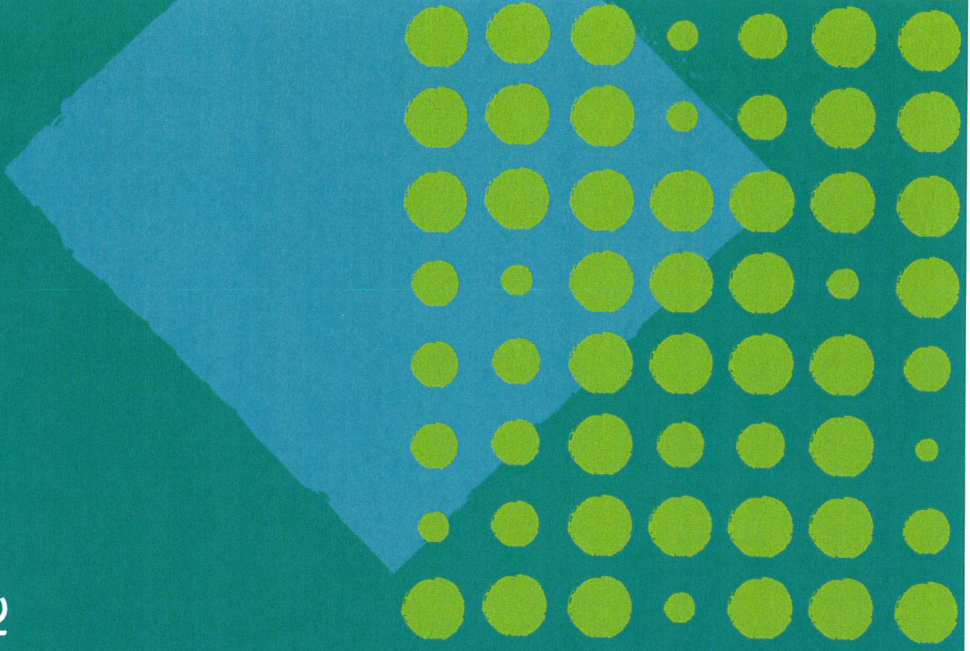
What is emotional health?

Emotional health is about the way we think and feel, and the ability to manage our feelings and deal with difficulties. Having good emotional health is not the same thing as being happy all the time.

We all feel different emotions at different times. These emotions can range from positive feelings to negative feelings, or can lie somewhere in between.

You could be feeling:
stressed, relaxed, excited, irritable, hopeful,
argumentative, chatty, angry, happy, tearful.

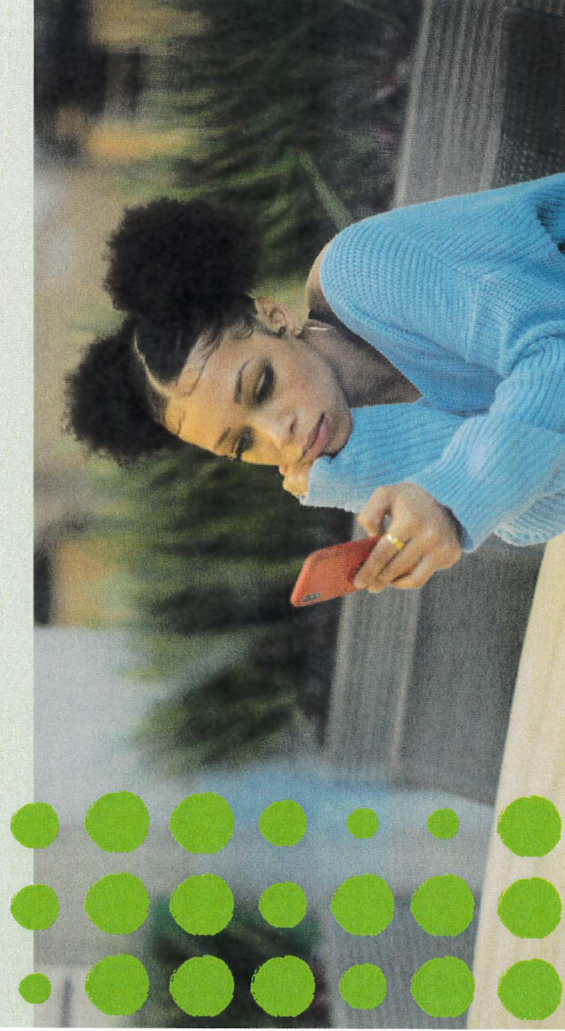
Everyone experiences difficult feelings from time to time, and often we don't know what to do to help us get back on track.



What can I do to help myself?

There are things you can do to help yourself feel more able to cope with difficulties:

- Make time for yourself, to relax and do things you enjoy.
- Have a healthy, balanced diet.
- Spend time with friends and family.
- Talk to other people about things that worry you.
- Work out a plan to get through trickier times like exams.
- Write down things you notice that make you feel happy.
- Make a list of the people and things you love.
- Get plenty of sleep.
- Exercise regularly.
- Take up a hobby or interest.
- Listen to music or read a book.

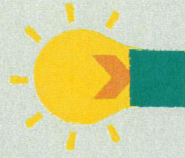


Not sure how you are feeling? Struggling to cope?



Do you recognise some of these in yourself? Or in a friend?

If you can say yes to one or more of these then maybe it is time to talk to someone to get help and support:



**We all need
help sometimes**

- Lacking energy or feeling tired most of the time.
- Feeling more tearful than you have done before.
- Not wanting to talk or be with people.
- Not feeling like doing things you usually enjoy.
- Eating, drinking or sleeping more or less than usual.
- Using alcohol or drugs to cope with how you are feeling.
- Finding it hard to cope with everyday things.
- Feeling restless and agitated.
- Not taking care of yourself or feeling like you don't matter.