

**TOP TIPS FOR MAINTAINING GOOD
MENTAL HEALTH**

The winter months can be particularly difficult. These tips will improve your mental health

- **Incorporate exercise into your daily routine** – Physical activity is good for your mental health. Even more reason to take the dog for a walk, dig the garden, enjoy a dance, or use the stairs instead of the lift.
- **Eat a balanced diet and drink sensibly** – What you eat and drink can affect how you feel.
- **Keep your brain alive** - Learn something new. “Lifelong learning keeps the mind and spirit alive.”
- **Maintain a good “work”-life balance** – Whether you are in paid or unpaid work (e.g. volunteering), make sure you keep a balance. Take breaks. Ask for help if you need it.
- **Keep in touch with friends and loved ones** – Close relationships are important for good mental health and well-being
- **Do something for others** – Many older people say that volunteering helps them to maintain good mental health and well-being in later life! The best cure for the blues is activity. Do something – preferably for someone else”.
- **Plan ahead and develop interests that can truly be lifelong** - “People in their 50s should prepare for old age by developing interests [earlier on] that will be accessible to them as they become older.”



- **Plan your day in advance** – Don't put off until tomorrow what you can do today. Many older people say that what helps them to feel good is waking up in the morning and knowing what is planned for the day.
- **Claim what you're entitled to:** - Find out what benefits you are entitled to and make sure you claim them. Up to £4.1 billion in money benefits is failing to reach the pockets of millions of pensioners every year. If you want a benefits check phone us on 01375 389872 and we will arrange it for you.
- **Use your voice** – Speak up for yourself. Join your local community forum or Resident's association in order to have a say in your local area. Check out the Thurrock forums website on www.thurrockcommunityforums.org.uk to find out what's going on near you and to find out how to get involved.

Age Concern Thurrock has a directory of local clubs and activities; everything from bowls to card making, from yoga to knitting, or just groups that offer a friendly cup of tea and a chat. Please call us on 01375 389872 to discuss what type of group you are looking for in your local area.

There are many different sporting activities and groups available in Thurrock including walking groups or gentle exercise to keep you active. Call us for more information on 01375 389872.

Age Concern Thurrock is a registered charity no 1000274

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