

**DID YOU KNOW?**

- Being passionate about life and having the ability to laugh and have fun are signs of good mental health.
- 1 in 5 people are affected by common mental health disorders such as; anxiety and depression.
- Exercise helps you sleep better and good sleep helps to regulate your emotions.
- Certain mineral deficiencies such as iron and vitamin B12 can affect the mood.
- Excessive drinking can lead to thiamine deficiency and thiamine is important for brain function.
- Examples of foods that boost the mood include; mackerel, salmon, walnuts, peanuts, avocados, flaxseed, beans, spinach etc.

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# NEWSLETTER

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## TIPS TO IMPROVE MENTAL HEALTH WHAT YOU SHOULD KNOW

Mental health is a state of well-being, in which an individual realizes his/her ability to cope with the normal stresses of everyday life, can work productively and is able to make a contribution to his/her own community.

Good mental health is not just the absence of mental illness, it also includes having good personal characteristics such as;

- A sense of contentment.
- The ability to handle stress and deal with adverse situations.
- A sense of meaning and purpose in both their activities and relationships.
- Self Confidence and high self-esteem.
- The flexibility to learn new skills and adapt to change.
- A balance between work, play, rest, etc.
- The ability to build and maintain fulfilling relationships.

Having a good state of mental health doesn't mean there will be no challenges or disappointments, however it gives the individual the coping skills to deal with difficult situations.

### WHAT CAN YOU DO

Whether you are trying to cope with a mental health disorder, learning to handle your emotions better, or simply trying to have a better outlook to life, here are some tips to help you improve your mental health.

**10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH**

Talk about your feelings

Keep active

Eat well

Take a break

Drink sensibly

Keep in touch

Do something you're good at

Accept who you are

Ask for help

Care for others

Mental Health Foundation  
mentalhealth.org.uk