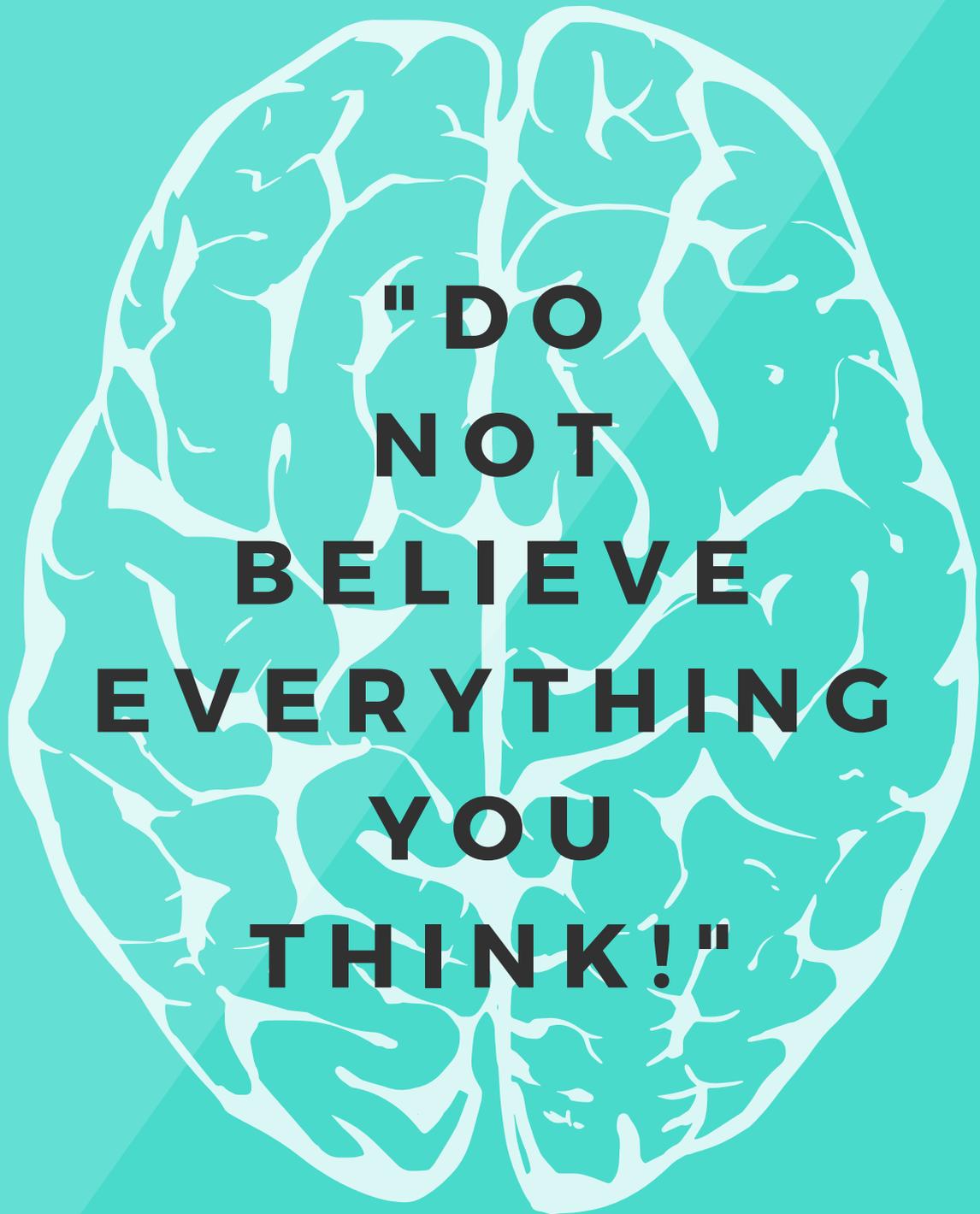


My top tips on mental health
& well being



**"DO
NOT
BELIEVE
EVERYTHING
YOU
THINK!"**



ZLR FITNESS
DISCOVER YOUR INNER WARRIOR

"Do not believe everything you think!"

This is the most powerful phrase I have ever heard!

I want to touch on this quickly...

Did you know we have up to 6,000 negative thoughts a day!

Can you believe that?!

It is absolutely insane to think our thought's in our mind have such a big impact on us in daily life.

This is why you can't allow yourself to believe everything you think to be true.

But, imagine how powerful the mind could be if we actually start to tap into filling it with positive ones instead!

This is why journalling can be great as it can be used as a negative thought dumper, a reminder to stay positive, you could even fill the page with positive thoughts, quotes, affirmations, and looking at how far you have come!

From today I want you to do something, start filling your head with positive affirmations everytime that negative nancy thought comes along!

Bash her over the head and use a positive thought to rid her away.

**For example: "I have so far to go, I will never reach the goal!"
negative**

"I have come so far on my journey, I will not give up & will keep going!" positive

Almost instantly you have complimented yourself, shifted in focus & motivation which will impact your day more positively!

HOW TO LOOK AFTER YOUR MENTAL HEALTH

♥ Talk About Your Feelings

♥ Keep Active

♥ Eat Well

♥ Drink Sensibly

♥ Keep In Touch

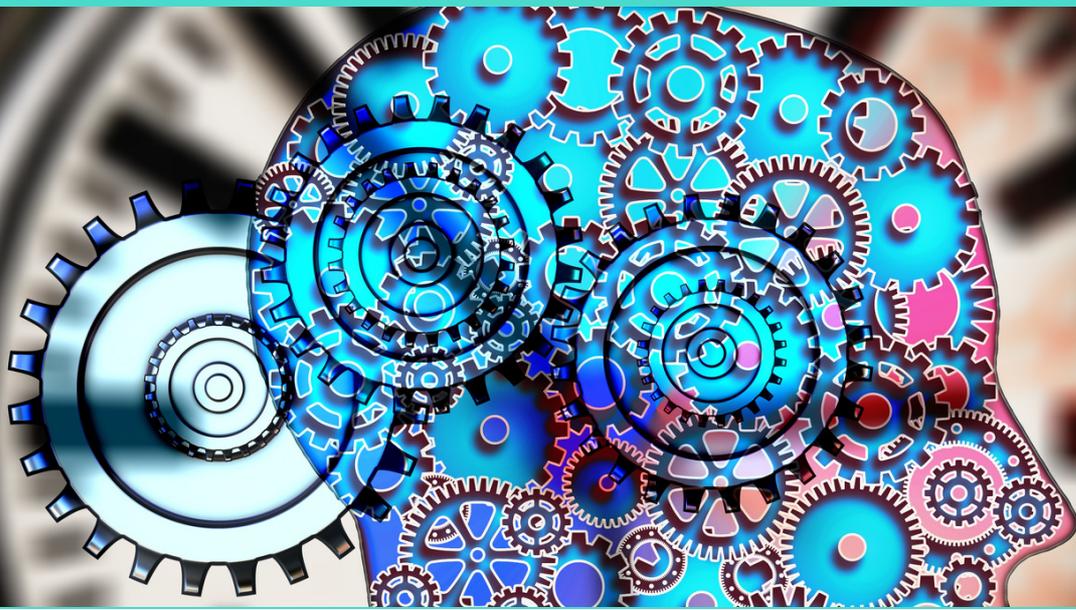
♥ Ask For Help

♥ Take A Break

♥ Do Something You're Good At

♥ Accept Who You Are

♥ Care For Others



Talking about your feelings:

Talking about your feelings is a good way to take charge of your well being & keeping yourself healthy.



Talking helps you to cope with a problem you have in your head or have been struggling with for a while.

**If you can't think of one word, use lots.
What does it feel like inside your head?
What does it make you feel like doing?**

Always evaluate the situation & reflect first before you react.

Staying Active

Staying active and exercising releases chemicals in the brain that not only make you feel good, but it boosts self-esteem, improves concentration & helps you to sleep better!



Exercising doesn't just mean doing sport or going to the gym. You can take walks in the park, do gardening or housework which can all keep you active.

Experts say most people should do about 30 minutes' exercise at least five days a week.

Try to make physical activity that you enjoy a part of your day.

Eating Well

A very important part of your mental well being is what you put into your body. When you eat well, you feel better! Nourishing your body with healthy foods and lots of nutrients keeps you healthy!



Eat at least three meals each day and drink plenty of water. Up to 3 litres of water is optimum! Try to limit how many high-caffeine or sugary drinks you have, and avoid too much alcohol.

- **Protein**
- **Carbs**
- **Fats**

These 3 all very important macro nutrients that we should be getting from all 3 daily meals!

On top of this make sure you consume 1/2 plate of vegetables 2-3 times per meal and snack on some fruit or veg between meals!!

Drink Sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.



When the drink wears off, you feel worse because of the way alcohol withdrawal symptoms affect your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

Apart from the damage too much alcohol can do to your body, you would need more and more alcohol each time to feel the same short-term boost. There are healthier ways of coping with tough times. It's perfectly normal to go out for a drink or two, but staying within the limits is best.

Weekly alcohol limits are listed below:

14 units a week for both men and women

Many people also smoke or use drugs or other substances to change how they feel. But, again, the effects are short-lived. Just like alcohol, the more you use, the more you crave. Nicotine and drugs don't deal with the causes of difficult feelings.

Doing any of these do not solve the problems, instead they create them.

Keep In Touch

Strong family ties and supportive friends can help you deal with the stresses of life. Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and help you solve practical problems.



It's worth working at relationships that make you feel loved or valued. But if you think being around someone is damaging your mental health, it may be best to take a break from them or call it a day completely. It's possible to end a relationship in a way that feels ok for both of you.

There's nothing better than catching up with someone face-to-face. But that's not always possible. Give them a call, drop them a note or chat to them online instead. Keep the lines of communication open. It's good for you!

Ask For Help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.



Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you aswell!

Top Tips:

- ♥ join a support group to help you make changes to your life**
- ♥ find a counsellor to help you deal with your feelings or make a fresh start**
- ♥ call the council about noise nuisance**
- ♥ visit a Citizens Advice Bureau if you want advice on debt.**

Your GP may be able to refer you to a counsellor. You should consider getting help from your GP if difficult feelings are:

**stopping you getting on with life
having a big impact on the people you live or work with
affecting your mood over several weeks.**

Asking for help is brave and is never anything to be ashamed of!

Take A Break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work or a weekend exploring somewhere new.



Taking a break may mean being very active. It may mean not doing very much at all.

Take a deep breath... and relax. Try yoga or meditation, or just putting your feet up.

Listen to your body. If you're really tired, give yourself time to sleep. Without good sleep, our mental health suffers and our concentration goes downhill. Sometimes the world can wait.

Do Something You Are Good At

**What do you love doing? What activities can you lose yourself in?
What did you love doing in the past?**



Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

Concentrating on a hobby like gardening or the crossword can help you forget your worries for a while and change your mood.

It can be good to have an interest where you're not seen as someone's mum or dad, partner or employee. You're just you.

An hour of sketching lets you express yourself creatively. A morning on the football pitch gets you active and gives you the chance to meet new people.

Going on a girl's spa day or shopping trip with your friend's! This could also include taking yourself out for the day, doing something on your own being your own person for the day. This contributes to bettering your mental health because you are prioritising looking after yourself mentally, emotionally, socially, physically & spiritually!

Accept Who You Are

Some of us make people laugh, some are good at maths, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently.



We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.

Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends.

Good self-esteem helps you cope when life takes a difficult turn.

Be proud of who you are. Recognise and accept what you are not good at, but focus on what you can do well.

Work out if there's anything about yourself that you still want to change. Are your expectations realistic? If they are, work towards the change in small steps.

Affirmation to live by: "Being happy with who I am now means I enjoy living in the moment."

Care For Others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Go for a cup of tea/coffee, buddy up & do a workout together, pay each other a home visit, go on a shopping trip, do a weekend away. Seeing friend's and talking can be a great stress reliever and endorphin booster!

It doesn't always have to be indulgent meals, takeaways & alcohol! Change the narrative!!!



It also helps us see the world from another angle. This can help to put our own problems in perspective.

Caring for a pet can improve your wellbeing too. The bond between you and your pet can be as strong as between people. Looking after a pet can bring structure to your day and act as a link to other people. Lots of people make friends by chatting to fellow dog walkers.

**Affirmation to remember about friendships:
“Friends are really important... We help each other whenever we can, so it’s a two-way street and supporting them uplifts me.”**

Key Points:

- ♥ **It's important to take care of yourself and get the most from life. In this guide there are 10 practical ways to look after your mental health.**
- ♥ **Making simple changes to how you live doesn't need to cost a fortune or take up loads of time.**
- ♥ **Start creating self-acceptance by loving yourself & accepting yourself for who you are!**
- ♥ **Don't neglect yourself, if you are struggling with something seek extra avenues of help & support!**
- ♥ **In order to better your mental health you need to actively take the steps required to do that, such as starting a journey to a healthier you!**
- ♥ **Choose nourishing your body with nutrient dense foods and exercising regularly.**
- ♥ **Prioritise your time better and be sure to always schedule 1 day a week at least for yourself- this can simply be to relax or do what you need to in order to feel calm & ready to tackle the rest of the week ahead!**
- ♥ **Always stay in touch with friend's and keep communication open so that you can support one another!**
- ♥ **Focus on 1-2 big tasks of the week, and allow the rest to be done later. You will feel more accomplished and have better mental health because of this! It will prevent extra stress & overwhelm. You are only one person and can't do everything!**
- ♥ **Stick to a schedule that impacts your life positively and allows you to make time for the things that are important such as regular exercise, a day to yourself, resting, relaxation, seeing family or friend's etc.**
- ♥ **Daily journalling can help you create healthy habits & help you to look at your life in a postive way! Use it as motivation; anything you want! Pen to paper is a very powerful tool!**

Body Neutrality

Body neutrality promotes acceptance of your body as it is, encouraging you to recognize its abilities and nonphysical characteristics over your appearance.

I have been very careful with my choice of words here...

Instead of body positivity I want you to think about practicing body neutrality and here's why & how!

Taking a neutral perspective toward your body means moving away from the idea that you have to cultivate love for your body or make an effort to love it every day.

It focuses instead on what you do with your body and how you think and feel.

Accepting your body and loving it aren't mutually exclusive ideas, but body neutrality offers a firm middle ground between body hate and body love.

In short, body neutrality says, "You may not always love your body, but you can still live happily and well."

Practicing body neutrality also means you might choose to wear clothes that feel good on your body. You might feel grateful you have a strong, healthy body that lets you do the things you want to do, without spending much time thinking about what you put on that body.

Remember, your body belongs to you. It doesn't exist to be admired or objectified.

When you respect it and care for it by giving it the fuel, rest, and movement it needs, you'll probably notice improvements in how you feel and function.

My stance on body positivity and why you should come away from it;

Body positivity still makes the topic of conversation always about your body, while this may work for some, it doesn't for others who can't bare the thought thinking about how they feel about their body.

I love this message of loving yourself, however it is very important that you understand body positivity does not mean unhealthy and this works on both sides of the scale!

Being morbidly obese and severely overweight is not body positivity and it certainly isn't healthy. Just as being extremely under weight is also not body positivity and it certainly isn't healthy. Being overweight leaves you susceptible to many health problems and conditions the same as being underweight can!

**It is all about being the healthiest & happiest version of yourself!!!!
This is what body neutrality focuses on and I'm definitely here for it!!!!**

Body Neutrality Continued....

Body neutrality can benefit everyone, but the movement particularly resonates with people who find loving their body something of a challenge.

Body neutrality encourages you to look beyond physical appearance and break the habit of connecting your body to your sense of self-worth.

It empowers you to appreciate the unique abilities of your body and value it for what it does, instead of criticizing flaws others have pointed out or worrying about how other people see you.

Ever felt absolutely sick of thinking or talking about your body? These tips can help you become more body neutral:

Drop body talk from conversations-

This includes body talk you have with yourself. For example, instead of berating yourself when your jeans feel a little tight, you might simply choose a pair of pants that feel comfortable and easy to move in.

Redirect conversations-

If friends or loved ones bring up weight, size, or express discontent with their bodies, talk about how you (or they) feel, rather than how you look.

Eat the food's you want to eat-

Choose whole, fresh foods that provide essential nourishment to your body, but also make sure to enjoy desserts and snacks instead of denying your cravings.

Listen to your body-

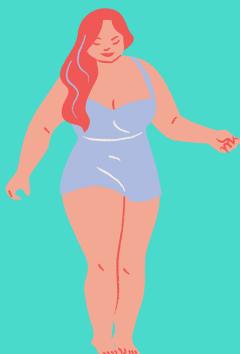
Opt for fun physical activities, not ones that feel like punishment. When you feel tired and drained, don't give yourself a hard time for taking it easy.

Reframe body-hating thoughts (page 2)-

When you notice yourself criticizing your body, consider instead what it's doing for you in the moment. Focus on its strength and ability to heal, to move, to adapt.

Give it time to work & help you -

Try to have patience as you embrace neutrality. It's often an uphill battle as media and advertising push you entirely in the opposite direction.



I hope you have found this guide very useful and that you will use the helpful tips given in this guide!

If you need any more support with your mental health, don't forget about consulting with mental health professionals.

Lean on your family and friend's when you need that extra support!

Love Zo x

