



# LOOKING after OUR MINDS

We all know the simple things that are good for our bodies - like eating the right foods and exercising, even if we might not always be great at doing them.

Having a mental health problem (also called a 'mental illness') is when the struggles we have with our minds really affect our day to day to life.

## signposting

For more tips on how you can look after yourself and help your mates check out:

[www.fivewaystowellbeing.org](http://www.fivewaystowellbeing.org)

[www.themix.org.uk/local/](http://www.themix.org.uk/local/)

[tower-hamlets](http://tower-hamlets)

[epicfriends.co.uk](http://epicfriends.co.uk)

## what can YOU DO?

There are also simple things we can do that are proven to look after our minds and help us feel as good possible:

- Connecting with others
- Getting active
- Learning
- Taking notice
- Helping others

These are based on the 'Five Ways to Wellbeing' and you can find out more about the facts behind why these things are good for your mind on the new economics foundation website:

**YOUNGMINDS**  
The voice for young people's mental health and wellbeing

**MARK**  
your mind



**NHS**  
Tower Hamlets  
Clinical Commissioning Group

**YOUNGMINDS**  
The voice for young people's mental health and wellbeing

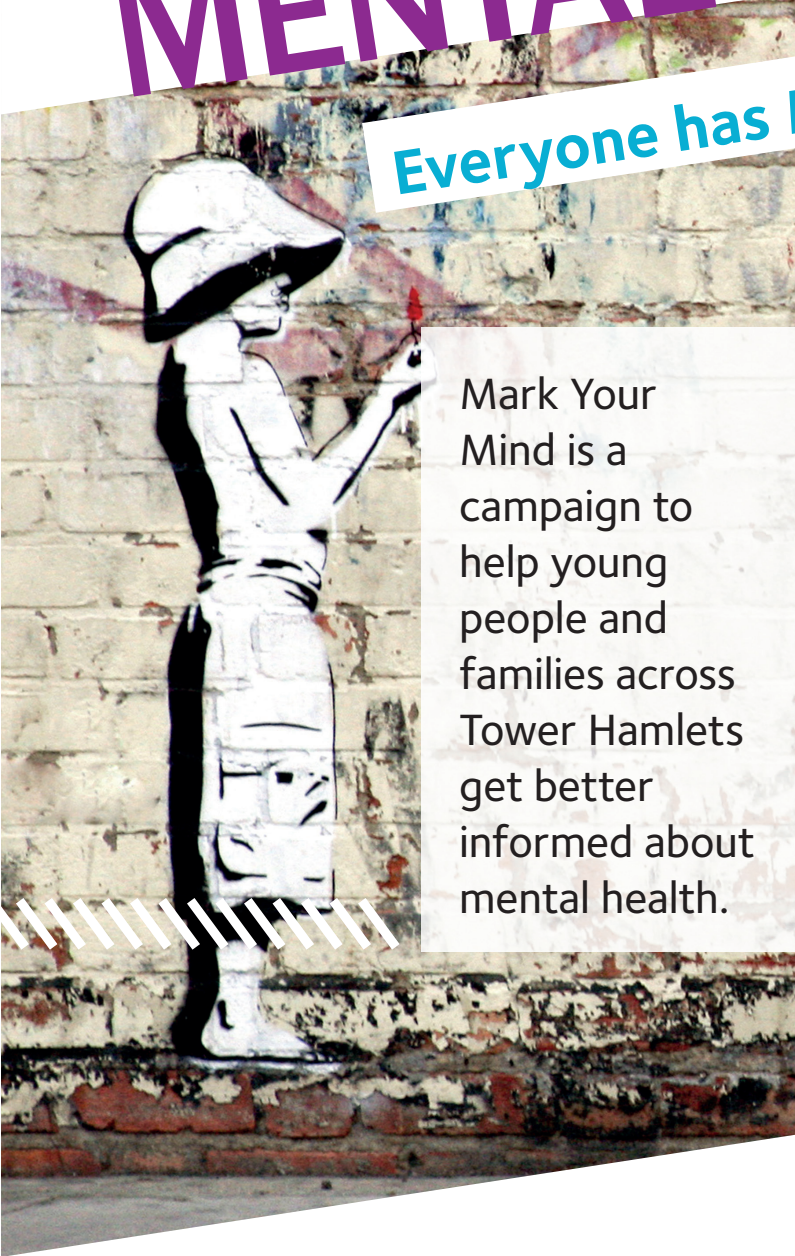


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# what is MENTAL HEALTH?

Everyone has MENTAL HEALTH



Mark Your Mind is a campaign to help young people and families across Tower Hamlets get better informed about mental health.

## Good MENTAL HEALTH helps us with things like...

- Having good friendships
- How positively we see ourselves and the world around us
- Our ability to learn
- Being able to do the things we enjoy
- Setting goals for ourselves and reaching them

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