first response training

# 8 STEPS TO STARTING THE YEAR RIGHT

1. GET OUTSIDE

Admittedly, it can be hard during a wet, windy and cold January, but spending some time out in the fresh air whenever possible can really benefit your mental health.

2. CONNECT WITH PEOPLE

Taking the time to regularly connect and check in with friends, family and colleagues can help you feel happier, valued and more grounded. Meaningful social connections are key to your emotional wellbeing year-round.
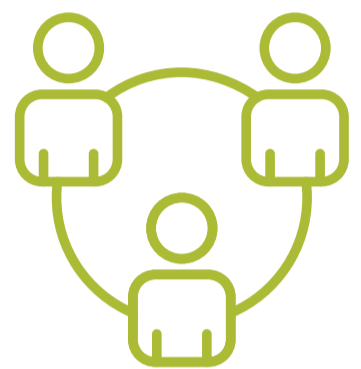
3. DISCONNECT FROM SCREENS

Continual scrolling of your favourite social media feeds and news sites can negatively impact your mental health, so try to disconnect often and reduce use where possible.

4. GET ORGANISED

Take some time to get yourself organised this January. Maybe have a bit of a declutter, write lists of things that you want to do and set out realistic plans for how to do them. Getting things down on paper and tidying up your space can make you feel much lighter and brighter.

5. LOOK AFTER YOURSELF

We don't mean any drastic 'New Year, new me' fad diets, but a sustainable, realistic approach to eating well, drinking lots of water, moving your body, limiting alcohol and getting enough sleep can all help you feel significantly better.

6. PRACTICE GRATITUDE

We can almost feel your eyes rolling. But don't dismiss this one! Taking just a little time each day to think about the things that you're grateful for - big or small - can really help you feel more positive and better able to cope.

7. HELP OTHERS

Volunteering or helping others can help to build your self-esteem, offer you some valuable perspective and make you feel useful and valuable. It feels good to do good!

8. TAKE TIME FOR YOU

This can feel hard to do in practice, but taking just a little bit of time for yourself each day to do something you enjoy, or just to relax, is vital for your wellbeing.