****

**Top tips to support your wellbeing**

How we feel can change from day to day and sometimes from hour to hour. Many people find that the change when the clocks go back can also affect their mood.

If you’re finding the darker mornings and nights a struggle we have some top tips to support your mental wellbeing.

Keeping active is a great way to improve your mental wellbeing. This doesn’t mean you have to go to the gym or find your running shoes. Taking a walk, having a kickabout in the garden or dancing round the living room to your favourite music can all boost your mood.

Spending time with the people who are important to you can support your mental wellbeing and make you feel better. If you can’t meet up face to face, then why not call up a friend or family member for a chat? Or drop them a text?

Rediscover an old hobby or learning something new. Whether it is model making, knitting, singing or writing stories, why not give it a go? Or learn to cook a favourite dish that you’ve never eaten at home?

As we move into winter there are lots of things that we can all do to help each other feel better.

Volunteering within your local community can help improve your wellbeing as well as making a difference to others. There are lots of organisations who would welcome your time or ideas, contact [somccg.engagement@nhs.net](mailto:somccg.engagement@nhs.net) and we’ll put you in touch with those in your local community.

Everyone’s mental wellbeing changes throughout their life, but it’s important never to just put up with poor mental health. If you’re concerned about how you are feeling, please speak to your GP or visit <https://www.nhs.uk/conditions/stress-anxiety-depression/>