Editorial

Make time to Clear Your Head

The benefits of being active and getting outside has been highlighted as part of a new drive to help people in Scotland look after their mental health.

The Clear Your Head campaign is encouraging people to keep up any active habits they may have started during the pandemic. It also highlights how making time to get active and do one thing, however big or small, can help people feel calmer and boost mood.

The website – clearyourhead.scot – gives practical tips and ideas on how to keep going and feel the benefits, including:

- Build being active into your day by stretching, working out, walking or cycling
- Be realistic about what's achievable, start small and build up over time
- Do something you enjoy, mixing things up to help make it interesting
- Make it sociable, turning being active into a chance to catch up with friends

The website also signposts helplines for those who need to talk to someone about how they're feeling, including NHS24, Breathing Space, SAMH and the Samaritans.

For practical tips on keeping up good habits, visit clearyourhead.scot

#DoOneThing to Clear Your Head

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As part of the campaign, people across Scotland will be sharing the one thing that has helped clear their heads – to encourage others to get moving and #DoOneThing.

We'd love you to join in by sharing on social what one thing has worked for you by:

- Taking a photo of an activity you've used to help clear your head
- Tagging a friend to do something similar (e.g "I nominate @xxx to do one thing to #ClearYourHead #DoOneThing").

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