

'Clear Your Head' Summary

Things you can do to help clear your head.

This time of year can feel a bit much, but there are easy things you can do that can help make yourself, and others, feel better.

Here are some easy tips for you to try.

Breathe in, breathe out

If you're feeling overwhelmed, taking a number of slow, deep breaths can really help to calm your mind. Deep breaths can really help to calm your mind. You can do it anywhere

Get lost in music

Instead of pouring a glass of alcohol in the evenings, listen to the radio, a podcast or some music to help lift your mood.

Stay in touch

Finding ways to stay in touch with friends and family can give you both a boost. Why not drop them a message to ask them about their day?

Get Out and About

Getting out in the fresh air can lift your spirits during winter. Make time to go for a run, walk or cycle in the daylight.

Help Out Others

Doing nice things for others will help you – and them. Saying thank you, making a cup of tea, paying someone a compliment – small gestures can help boost your mood. Why not send someone a card in the post?

For more tips on how to cope through the winter months visit clearyourhead.scot

Whilst every effort has been taken to ensure the accuracy of this text, the original documentation should be relied upon as the true and accurate version.