



10 Top Tips to #UnwindYourMind



Get some fresh air

Spending time outdoors helps boost your mood! Studies show that anxiety and stress levels are reduced by being outdoors. When you're outside, the fresh air can help raise oxygen levels in your brain, and increases serotonin levels.

- Come unwind in our pop-up garden at The Piece Hall from 16-21 May.
- Experience an allotment taster session at 12 noon on Saturday, 20 May at The Piece Hall
- Join our regular Pye Nest allotment group each Monday, 12 - 2 pm. Email likeminds@healthyminds Calderdale.co.uk for info.



Read a book

It's not *just* about taking time out for yourself. Reading can actually be beneficial for your mental health! When you read, you can recreate a feeling of social engagement, including identifying with people and finding common ground with others.

So whether you choose a story to get lost in, or prefer self-help - check out this handy [book suggestion list](#) with recommendations from The Book Corner in The Piece Hall.



Move your body

Regular exercise can reduce anxiety by making your brain's "fight or flight" system less reactive. Certain physiological changes can be scary when you have anxiety, such as a rapid heartbeat. But regular aerobic exercise can help us develop a tolerance for those symptoms. In fact, exercise can be as effective as medicine or psychotherapies!

- Come experience soft movement with Gentle Yoga at The Piece Hall, Thursday 18 May at 12 pm. [Register here](#).
- Join one of our regular [Walks for Wellbeing](#) or try out a taster walk setting off from The Piece Hall on Saturday 20 May at 10:30 am. [Register here](#).



Eat your favourite food

Your favourite treat can help you feel happy - no need to feel guilty for an occasional indulgence when you need it!

There are also some [foods that can actually help reduce anxiety](#), like oats, fatty fish and dark chocolate. Eating clean and healthy foods that support your body will also help your mind.



Ground yourself

[Belly breathing](#) alone is a great way to calm an anxious body, but alongside it you can try listing one thing you can see, touch, hear, smell and taste to ground yourself. This can help calm a racing mind. Give it a try!



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Embrace your creativity

You don't have to be a Picasso to reap the rewards of creativity – getting arty provides a great outlet to release challenging emotions in a personal and expressive way, letting go of those anxious thoughts.

- Check out our quick and easy [Scribble Art activity](#)
- Take part in our crafty sessions at The Piece Hall on Thursday 18th May at 2pm and Saturday 20th May at 2pm
- Join our Arts and Crafts for Wellbeing sessions at Healthy Minds' Halifax offices on the 2nd and 4th Thursdays each month

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Take a nap if you need

Excess worry and fear make it harder to fall asleep and stay asleep through the night. And when you do get a sleepless night, it can raise anxiety by up to 30%. If you're struggling to fall asleep, why not try calm music or meditation.

- Try out our Mindfulness 4 All Group, Tuesdays at 2pm on Zoom

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Listen to music

Research shows that music can have a beneficial effect on brain chemicals such as dopamine, which is linked to feelings of pleasure, and oxytocin, the "love hormone." Some people like relaxing music when they're feeling anxious, while others like something fast-paced to pull them out of it. Choose what works for you!

- Check out our [#UnwindYourMind Spotify playlist](#), created by our staff and volunteers.
- Join us for joyful performances by The Peace Artistes at The Piece Hall, Saturday May 20th at 1 and 3 pm.

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Make yourself a brew

If you're feeling anxious, it might be high time to put the kettle on! It's not just an old adage either - scientists have found that tea-making reduces stress levels by up to a quarter. Whether you prefer a Yorkshire tea or an herbal variety, go ahead and take time out for you with a brew.

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Talk to a friend/family or support service

Talking to someone about your worries can help you feel less alone, especially when things just start to feel like too much. If you don't feel comfortable opening up to someone close to you, the [Samaritans](#) and [Anxiety UK](#) both run helplines that you can call to talk to someone. You can also get in touch with our [Safespace](#) team via phone, email or Facebook.