

SERVICEUSERSNETWORK

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The Service Users' Network (SUN) is a Manx Registered charity to help past and present mental health service users

What Keeps Us Well

Some ideas from Service Users on how they keep well

- 1)** Do not give up hope – try to remain optimistic.
- 2)** Keep yourself and home clean and presentable
- 3)** Attend Next Step or other places where you can be yourself without stresses.
- 4)** Travel to places of interest.
- 5)** Float over the worst times; don't fight them.
- 6)** Find a way of going back to the community-it is by giving that we receive.
- 7)** Find a way of relaxing your emotions like art, music, writing or relaxation.
- 8)** Make yourself smile and try to smile despite all.
- 9)** When feeling low write it down and express on paper ways to uplift oneself.
- 10)** Telephone a friend or a helpline.
- 11)** Give yourself a hug and nourish yourself with kind words and thoughts.