

RACINGWELFARE

Supporting racing's workforce



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Mental wellbeing means feeling good - about yourself and the world around you - and functioning well. Here are five steps to help improve your wellbeing.

steps for better mental wellbeing

#WorldMentalHealthDay2018

1. CONNECT

Good relationships – with family, friends and our wider communities – are important for our mental wellbeing. Relationships build a sense of belonging and self-worth. With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending a text
- Speak to someone new
- Arrange to meet someone you haven't seen in a while
- Ask how someone's weekend was and really listen well they tell you



2. BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. The racing industry is naturally physical but it is also important to do other activities that you enjoy, especially if they have a social aspect.

A few ideas are:

- Walk to work - perhaps with another member of staff
- Organise a yard sporting activity
- Have a kick-about in a spare paddock after evening stables
- Go to the gym



3. TAKE NOTICE

Reminding yourself to 'take notice' can strengthen and broaden awareness. Paying more attention to the present moment; to your own thoughts and feelings, and to the world around you, can improve your mental wellbeing. Take some time to enjoy the moment and the environment around you.

- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from the yard
- Pay attention to the trees and landscapes that you ride past on the way to the gallops

4. LEARN

Learning new things and setting goals can boost self-confidence and self-esteem, help build a sense of purpose and help us connect with others.

Some tips for enjoyable learning are:

- Sign up for a class to learn a new skill
- Read the news or a book
- Cook a new recipe



5. GIVE

Small or large acts of kindness towards other people can give you a sense of purpose. It can make you feel happier and more satisfied with life. Here are a few ideas to get your started:

- Say thank you to someone for something they have done
- Offer to help someone struggling with heavy bales or with shopping in the street
- Bring biscuits for the team at breakfast, just because you want to
- Volunteer in your local community



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24hr Helpline: 0800 6300 443
Text: 07860 079 043

FURTHER RESOURCES

Racing's Support Line: www.support.racingwelfare.co.uk
Mind: www.mind.org.uk
NHS Direct: www.nhs.uk