

Self Help Resources – Useful sites & Information

Mental Health – How to improve it

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

Ten Things You Can Do for Your Mental Health

www.uhs.umich.edu/tenthings

5 Ways to Wellbeing – Five simple things we can all do to give our wellbeing a boost. Available in English and Welsh.

www.wales.nhs.uk/sitesplus/861/page/93956

Pum Fforddat Les - Pum peth syml gallwn ni gyd ei wneud i roi hwb i'n lles.

www.wales.nhs.uk/sitesplus/861/tudalen/93957

How to be a Friend to Yourself – A YouTube video on how to live an emotionally fulfilled life.

www.youtube.com/watch?v=wFUxiljp-Nk

Self-compassion contains guided meditations, exercises and tips to practise being kind to yourself.

www.self-compassion.org

Self Compassion – A YouTube video on how to lessen self-criticism.

www.youtube.com/watch?v=-kfUE41-JFw

Ynys Môn & Gwynedd Mind provides information and services concerning mental health and wellbeing to people of Ynys Môn (Anglesey) and Gwynedd in North Wales. It runs Coping with Life courses for managing anxiety, low mood, stress, low self-esteem and worry. The website is available in English and in Welsh.

www.ynysmonmind.co.uk

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