- NHS Every mind matters
  Coronavirus
- Wellbeing tips
- Mental health issues
- Life's challenges
- Supporting others
- Urgent support

# Every Mind Matters home

## Looking after your mental health

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.

We have expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.

## Your Mind Plan quiz



**Get Your Mind Plan**

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

## Good for your body, good for your mind

## Smiling minds Try our free mindfulness app. Practice your daily meditation and mindfulness exercises from any device.

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

## DOWNLOAD THE APP NOW AND SEE FOR YOURSELF!




