

English

Mind to Mind

Positive mental wellbeing means feeling good about ourselves, the world around us and being able to get on with life in the way we want.

Research evidence shows us there are 5 key things we can do to help improve our mental wellbeing.

1. Connect with other people

Humans are social beings, so having good relationships with people around us is important for our mental wellbeing. Reaching out and building stronger relationships with others, whether that's with friends, family, neighbours, colleagues or people in our communities, can help us to share our feelings and gain emotional support.

Gàidhlig / Gaelic

Inntinn ri Inntinn

Ma tha deagh shlàinte inntinn againn, tha sinn a' faireachdainn sunndach mar deidhinn fhìn 's mun t-saoghal timcheall oirnn, agus sinn comasach cumail a' dol nar beatha a rèir ar miann.

Tha fianais o rannsachadh a' sealltainn gu bheil 5 priomh nithean as urrainn dhuinn dèanamh airson feabhas a chur air ar slàinte inntinn.

1. Dèan dàimhean ri càch

Is e creatairean sòisealta a th' anns a' chinne-daonna, mar sin, tha e cudromach dar slàinte inntinn gu bheil deagh dhàimhean againn ri daoine timcheall oirnn. Ged a b' e caraidean, teaghlaich, nàbaidhean, co-obraichean no coimhearsnaich, ma shìnear a-mach agus ma thèid dàimhean nas treasa a thogail le càch, faodaidh sin ar cuideachadh gus ar faireachdainnean a chur an cèill agus tacsa cridhe fhaighinn.

<p>2. Take notice</p> <p>Being more aware of what is happening in the present moment, of our thoughts, feelings and of the world around us, enhances our wellbeing. This is also known as ‘mindfulness’. Taking time to notice the moment, environment and nature around us can help us enjoy life more and understand ourselves better.</p>	<p>2. Thoir feart</p> <p>Ma thathar nas mothachaile air na tha a' tachairt san àm làthaireach, air ar smuaintean, faireachdainnean agus air an t-saoghal timcheall oirnn, meudaichidh sin ar slàinte. Theirear mothachas ri seo cuideachd. Ma ghabhas sinn air ar socair gus am mothaich sinn don àm, àrainneachd is nàdar timcheall oirnn, 's urrainn dhuinn barrachd tlachd a ghabhail às ar beatha 's ar tuigsinn fhìn nas fheàrr.</p>
<p>3. Be active</p> <p>Being active is good for our physical health but it can also help improve our mental wellbeing. It's best to find enjoyable activities that you can build into a routine. This could be anything from slow, gentle activities such as stretching exercises, to faster, more intense activities such as jogging.</p>	<p>3. Bi sùrdail</p> <p>Tha e nas fheàrr dar slàinte bodhaig a bhith sùrdail, ach curidh sin feabhas air ar slàinte inntinn cuideachd. 'S fheàirrde dhut gnìomhachdan tlachdmhor a lorg as urrainn dhut gabhail a-steach nad bheatha làitheil. Dh'fhaodadh iad seo a bhith mall, socair leithid altachadh bodhaig, air neo, gnìomhachdan nas luaithe 's nas teinne, leithid ruith.</p>
<p>4. Help others</p>	<p>4. Cuidich càch</p>

<p>Doing nice things for others, whether small or large, can help you and them feel more positive. Small acts of kindness towards other people, such as saying “thank you”, making someone a cup of tea or paying someone a compliment, or larger ones like volunteering, can help us feel happier, give us a sense of purpose and connect with others.</p>	<p>Ma nithear rudan laghach do chàch, biodh iad beag no mòr, faodaidh seo a bhith feumail airson do shunnd-sa agus an sunnd-san a thogail. Tha gnìomhan beaga, còire do chàch – mar eisimpleir, ag ràdh "tapadh leat", a' dèanamh cupa tì do chuideigin no a' moladh neach; no gnìomhan nas motha, leithid obair saor-thoilich – feumail airson ar sunnd a thogail, adhbhar a thoirt dhuinn agus dàimhean a dhèanamh ri càch.</p>
<h2>5. Learn new skills</h2> <p>Learning new skills that we enjoy can boost our self-esteem and confidence. These can be small things, such as cooking something new, trying a new hobby or, taking on a DIY project, or they can be bigger things, such as signing up to course, or taking on a new task at work.</p>	<h2>5. Ionnsaich sgilean ùra</h2> <p>Ma dh'ionnsaichear sgilean ùra a tha nan tlachd dhuinn, brosnaichidh sin ar fèin-spèis is misneachd. Faodaidh iad a bhith nan rudan beaga, mar eisimpleir, a' còcaireachd rudeigin ùr, a' feuchainn cur-seachad ùr, no a' dol an ceann pròiseact DIY; air neo rudan nas motha, mar eisimpleir, a' clàradh airson cursa, no a' gabhail dleastanas ùr os làimh aig an àite-obrach.</p>
<p>For more information in Gaelic go to www.nhsinform.scot/translations/languages/gaelic</p>	<p>Airson tuilleadh fiosrachaидh ann an Gàidhlig rach gu www.nhsinform.scot/translations/languages/gaelic</p>

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