

Think Of Your Mind Like A Car...

Our minds need care and maintenance to keep them running well. Do you have enough energy to run effectively? Have you had enough rest?

Think of it like a car. Is it well-oiled? Is the MOT overdue?

Likening our minds to a car can help us to understand the importance of proactive wellbeing strategies in staying mentally and physically healthy. For example...



Getting started takes practice

When you learn to drive, it doesn't always feel natural, but with practice, it becomes a habit. The same goes for proactive wellbeing strategies to support mental health - implementing new habits becomes easier over time.



Do you have enough fuel?

You know that you have to regularly top up your petrol to ensure you can complete your journey safely. You don't run it too low, so we shouldn't do this to our minds either. For example, do you need more energy from sleep or food?



Look out for your warning signs

When driving, we look out for hazards and warning signs along the way. Would you recognise your mental health warning signs and know what to do when they arise?



Know when to slow down

For each of us, challenges can pop up in life, just like speed bumps on the road. If you slow down and lean into these uncomfortable moments, you'll realise they don't last forever, and sometimes can be overcome with some extra grit.



You are bound to hit a crossroad

Like driving, in life, we are bound to hit crossroads where we can't decide which way to go or get stuck making a decision. How you approach the crossroad is key - do you stay calm or do you panic? Think about it... how do you go about making decisions in life?



It is ok to ask for help

When something doesn't feel right in your car, you consult your toolbox to see if you can fix it yourself. If it requires more specialist assistance, you take it to the garage. If something doesn't feel right when it comes to your wellbeing, don't be afraid to ask friends, family or professionals for help.

Remember... if you look after your car, it gets you where you need to go.