

# WHAT DO YOU DO FOR YOUR MIND?



Since 2008 Mindapples has been asking people what they do to take care of their minds. These are a few of their best answers.

What are *your* mindapples?  
[www.mindapples.org/charity](http://www.mindapples.org/charity)

50 ways  
to take  
care of  
YOUR MIND

mindapples



# Inspiring minds.

Here are some of our favourite suggestions from the “50 ways” that are suitable for younger people. Each one was suggested by a member of the public at an event or workshop, or online at [www.mindapples.org/5aday](http://www.mindapples.org/5aday).



Why not test your green fingers and plant some vegetables or flowers?

You don't need a garden, just a sunny windowsill and a bit of patience while they grow!



Reading helps to build your vocabulary and lets you escape to places in your mind.

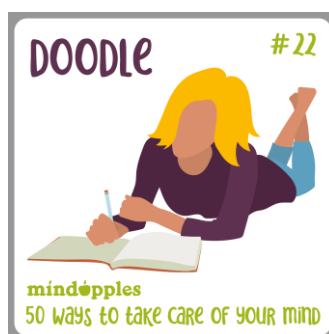
It can also help you get to sleep, so next time you're struggling to drop off why not reach for a good book.



Music is a great way to relax and improve your mood.

Why not learn to play an instrument or be a DJ for your family for the night.

Don't overthink it. Just play music and enjoy it.



Did you know that a daily doodle can improve memory, aid concentration and can make you feel more relaxed?

What are you waiting for? Grab a pencil and start doodling today!



It's hard to get complete silence with everything going on around us, but try to find a few moments without distractions and see how you feel.

Even 10 quiet minutes can help you feel refreshed and more able to focus.



Have you ever let your mind wander off to see where it goes? Try it now.

Then bring yourself back to the present and continue with your day.

You never know where your mind might take you!



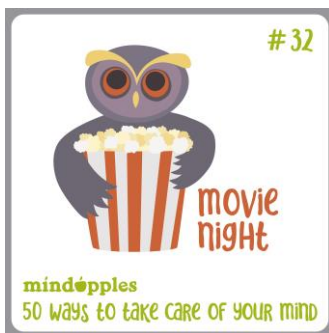
Smiling can boost not only your mood but the mood of those around you.

We often forget to smile at each other though, so give your mouth a nudge and get smiling. Why not spread a little happiness?



If we do nothing else, this is one of the best things we can all do during the day to look after our mental health and wellbeing.

Why not give your brain a drink? It might be thirsty...



Movies are a great way to forget everything and lose yourself in a good story.

Why not have a regular movie night with friends or family?

Take turns to pick the film and the snacks!



We often take the best things in life for granted.

Remind yourself daily of the things you rely on, and the people you love.

Think about the best things in your life and be glad you have them.



Joining clubs is a great way to learn new things and meet new people.

Don't take our word for it though: give it a go and share what you do with others.



What is it about being in the bathroom that makes us want to sing?

You don't need music, just open the window, turn on the water and treat your neighbours to a concert!



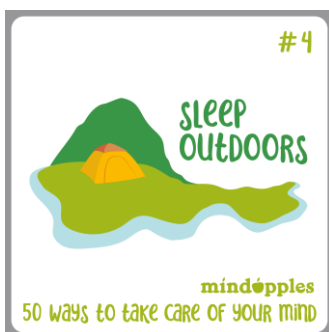
Did you know that wearing bright colours can make you feel happier?

Why not dig out your brightest clothing and see if it makes you feel differently? Challenge your friends to see who can wear the brightest outfit.



Do you know your downward dog from your cow or your cat stretch?

Practicing yoga regularly can make your body and mind feel good. You don't have to become a guru: just find a few poses you like and give it a try.



Have you ever spent a night sleeping under the stars? It can be anywhere; in your garden, on a campsite or at the beach.

Enjoy the sight, sound and smell of the outdoors with friends or family and don't forget the marshmallows.



Hugging feels so nice, doesn't it? It can build trust, elevate the mood and also reduce stress and help you sleep better.

Everyone appreciates a hug, so next time you see someone you love, give them a (gentle) squeeze.



Creating things can improve memory and attention span, and helps you relax. You could even surprise someone with a home-made gift.

Grab your paintbrush or colouring pencils and have a go at making some art!



Have you ever felt the need to do a cartwheel just because you can?

You could even hold a competition. How many can you do in a row?

Make sure you don't bump into anyone though...

# Being well together.

Many activities people do for their minds are solitary, getting some “me” time or enjoying a little peace and quiet. But other people are essential for our mental health, and a lot of mindapples are best done together.

Why not promote the campaign by organising mentally nourishing activities for your whole community? Here are a few more ideas to get you started.



Bike rides can be a chance to get away from the crowds, but they're even better with others.

Why not start a cycling 'bus' or organise a group to go for a picnic? Family bike rides at the weekend are always fun too!



Why not expand your horizons, and go for an adventure to a museum?

It's a great way to learn new things and experience how life was for our ancestors and creatures that roamed the planet before us.



Eating together can be a great way to enjoy each other's company and catch up on what's going on.

You could even choose a weekly theme and dress up to match the food! Just remember to help tidy the kitchen afterwards.



Dancing isn't just fun, it's healthy too! It keeps us active and cheers us up.

Get together and have a kitchen disco!

Don't worry about looking silly either: everyone does and it's funny.



Nostalgia is best done together, so you could ask to see some old photos and look through them with friends and family?

It can be really funny seeing old clothes and haircuts, and maybe you'll bring back some happy memories for them too.



Board games are very underrated. Why not start a regular games afternoon? Take turns to bring your favourite game and play together with friends.

It works online too: if you both get the game, you can play together.

Want to do more to promote wellbeing? Then why not [train as a Mindapples wellbeing champion?](#)

Find out how we are [supporting student wellbeing](#) at universities too and grow your own Mindapples.

You can also run your own wellbeing events and get your everyone sharing their mindapples with our popular Mindapples trees and school toolkits, available online at [www.mindapples.org/shop](http://www.mindapples.org/shop).

# Resources.

## Downloadable assets

We've put campaign images, social media banners, video backgrounds and much more on our website. Download them now to get started: [www.mindapples.org/50ways](http://www.mindapples.org/50ways)

## Sample social media posts

You can use the messages below on all your social media channels to add your voice to the campaign.

*"@Mindapples are daily activities that are good for my mind. Today my mindapples are: ..."*

*"Here are 50 ways to take care of your mind. What's your favourite? Today mine is..."*



@Mindapples has 50 ways you can look after your mind. Today I'm going to swim! #50ways



Let's make taking care of our minds as natural as brushing our teeth. #loveyourmind @mindapples



I'm staying in tonight to make some time for my mind. What are your @mindapples?

Don't like these? Then why not make your own! Share your mindapples with us on social media and we'll promote the best ones. And you can find many more suggestions for looking after your mind on [the Mindapples app](#) (13 years+).

## Social media accounts

Remember to tag us in your posts so we can share your campaign messages!



@mindapples



@mindappleaday



@mindapples



@mindapples

## Hashtags

#50ways

#mindapples

#loveyourmind

#mentalhealth

#wellbeing

#mindappleaday



# mindapplepples

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## Love your mind

Want to keep in touch?

Get the latest updates on our campaign work.  
[www.mindapples.org/newsletter](http://www.mindapples.org/newsletter)

Or drop us a line at [hello@mindapples.org](mailto:hello@mindapples.org).

What are *your* mindapples?  
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