Useful Contacts And Info

For everything Menfulness
menfulness.org
For events
meetup.com/menfulness
For exercise
strava.com/clubs/menfulness
For socials
York Menfulness Facebook Group /
Twitter: @YMenfulness
For business
linkedin.com/company/menfulness
For contact
hello@menfulness.org

Menfulness

If you've found something useful in this manual, then please do pass it on for us! Don't forget, these tips will most likely work for women too, so if there's a lady in your life who needs a lift then please pass on the positivity!

This manual was curated using tried and tested tips from our members. It might be that the tips here don't quite do the trick, or perhaps you're already approaching crisis. There's absolutely no shame in looking for a little more help, you'd have no problem getting an injured leg looked at, right? Here's a few contacts that might be able to help.

yorkmind.org.uk/how-we-help/

actionforhappiness.org

yorkandselbyiapt.co.uk

samaritans.org

nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines

nhs.uk/live-well/sleep-and-tiredness/

nhs.uk/service-search/find-a-GP

The Menfulness Cube: Our logo reminds us that, like a cube, there's a side to us that can't always be seen. Men still struggle to open up about their mental health while suicide remains the most common cause of death for men aged 20-49. Together we can change that.

20 TOP TIPS
FOR FEELING TIP TOP

☐ Useful Contacts ☐ Extra Tips
☐ Social Info ☐ Hacks and More

The Menfulness MAN-ual

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20 Top Tips

1. RELAX:
Nice work picking this up and taking a step towards feeling tip top. Now, take a deep breath and let it out slowly. Release your shoulders from your ears, unclench your jaw and unfurl your forehead. We can physically hold on to stress without realising it. Take a minute to relax.

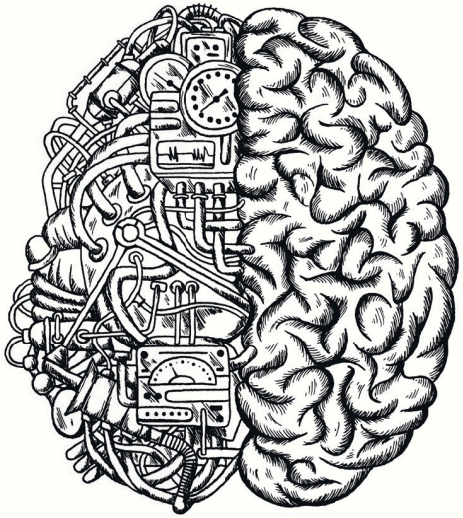
2. DIET:
You are what you eat and when you've got a lot going on it's easy to forget to tend to your temple. Eat well and stay hydrated to get you in the right state for good mental health. Treats are good but plan your shops around what you know you should be consuming. Keep trying new things when you can.

3. SLEEP:
Try to get the right amount of sleep for you (usually between 7-8 hours) Persistently losing sleep can affect your mental and physical health. Try to fix a routine and minimise screen time just before bed.

4. EXERCISE:
Get your heart rate up a bit each day with whatever you're able to do. There's something comforting in the control around exercise. With running for example, it's your route, your pace, your tunes. Take some you time. (EXTRA TIP: Visit our meetup page to find Menfulness activities to help you work on your fitness).

5. NATURE:
The right walk can embrace nature, give exercise and allow quietness of mind all at once. Try to get outside every day. Allow yourself to focus on what's going on out there, in order to give your head some peace.

6. SOCIAL MEDIA:
Hack your own social media algorithm by spending some time purposefully liking, subscribing and following what genuinely makes you smile. Actively unfollow, hide and scroll past the things that don't. (EXTRA TIP: Join the Menfulness Facebook Group for extra feel good socials).



7. SUPPORT:
We all need support but it's not always easy to find the words, especially with those closest to us. Get yourself a network with who you can share what's really going on. (EXTRA TIP: The chaps at Menfulness won't judge and will respect your right to share at your own pace).

8. TALKING:
Learn to be more honest about your mental health. It takes practice but the results can be game changing. We will all struggle at some point and there's no shame in it. Being aware and open about your vulnerabilities is a strength we can all work on. Plus, hearing about your journey might be just what someone else needs to get on the right path.

9. GOALS:
What should you be working on and planning for? What gives your life purpose? Actively contributing towards your personal growth and future goals, even when you don't feel like it, can keep you looking forward at those good things to come.

10. ADVICE:
Take advice only from those you know and trust. Even better, only when you've asked for it. Nobody knows what they really need better than you do. Ask yourself what that is, trust your inner voice. Write it down. Read it often.

11. EXPECTATIONS:
You can't please all of the people, all of the time. Perfectionism will have us trying while we burn out. Depression will have us doing the opposite while we just try and stay afloat. Remember, everyone is on their own path, most of them consumed by their own struggles. Give yourself a break and keep those expectations in check. You're enough as you are.

12. MEDITATION:
Take a moment every day to pause, breathe deeply, and be silent for a few minutes. Don't fight your inner voice, just sit with it. Guided meditations on YouTube can help keep you in the moment. A few minutes of calm in your mind can give you a little more strength to handle what the world might throw at you. Give it a try!

13. POSITIVITY:
'Life can be beautiful, if you know where to look'. It's not always easy to ignore or rise above the realities of daily life. Your brain is hardwired to notice what you tell it to, like when you're thinking of a new car and suddenly the model you like is everywhere. Speak out and write down what's good and what you'd like to build on, rather than what's getting in your way. What you feed, will grow.

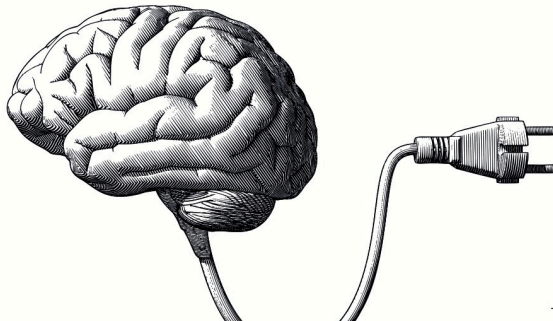
14. MINDSET:
When times are hard try to take stock for a moment. You're here. The odds of you existing make you miraculous. You are made from the stuff of stars which has travelled trillions of miles to become you. Think of all you've learned, the battles you've fought internally and externally and yet: You. Are. Still. Here. *Fist bump*

15. KINDNESS:
It tends to be easier to be kind to others… Which is fine, and it's a great way to practice, but the person who needs kindness first and foremost is always you. If you're going to stay well, be effective and be kind to others, then you need to sort your own lifejacket first. Say it with me, 'I will start being kinder to myself right now'. Sounds good. Now, how will you do that?

16. CONTROL:
Many stresses and anxieties boil down to a fear of losing control. But even when you can't control what's happening out there, you can challenge yourself to control the way you respond to what's happening. Start with making that your program, just for today follow it to the best of your ability. And repeat.

17. ENJOY:
Regularly take some time out to do something you enjoy that's just for you, ~~even~~ especially if you're busy. Getting into that flow state where your mind and body are in sync and you're able to progress can be a much needed serotonin boost. (Yes, PlayStation counts!)

18. FRIENDS:
While our circumstances might be unique, to struggle is a shared human experience. The stigma around mental health means friends might not realise you need, or know how to approach, an honest discussion about it. Be brave, reach out. People you know are silently going through something similar.

19. ASK TWICE:
Don't forget to check on your mates. 'How are you?' has become a standard greeting and people tend to answer as such. But if you ask twice and listen carefully then the conversation they really need could make all the difference. It might even help you with what you're going through.

20. CONNECTION:
'We rise by lifting others' has become a bit of a Menfulness Mantra. We can vouch that doing something positive for another human will help with your own wellbeing in equal measure. Smiling and passing the time with a stranger works too. You can start by joining us, see contacts on the back!