7 tips for the family
for better mental health and wellbeing

1. Communication is key

Make time to listen and connect with your partner and/or children. Practice expressing your feelings and create an atmosphere of trust and communication.

2. Prioritise a healthy diet and exercise

Take care of your physical health with nutritious meals and daily exercise to gain energy and reduce stress.

3. Make time to connect

Connect and have fun with your family, friends, and community. Join a book club, host a BBQ, or schedule a playdate.

4. Put away the screens

Implement a 'no phones at dinner' rule and enjoy each other's presence. Enjoy a board game or have a movie night.

5. Establish a bedtime routine

Avoid bright lights a few hours before bed, find the perfect bedroom temperature, eliminate noise, and reduce caffeine for a better nights' sleep.

6. Use digital tools and apps

SilverCloud's programmes are designed, using Cognitive Behavioural Therapy (CBT) to help users better understand their thoughts, feelings, and behaviours so they can think and feel better. Learn more here.

7. Seek additional help

Understand that feeling well is a work in progress. Take the step to seek outside help by building a social support network and finding a specialised professional if needed.

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