Top tips for good wellbeing from people seeking sanctuary

Keep yourself busy! I became a volunteer at many community organisations local to me. I met new people, learnt new things, and had fun!

Abbas
Top tips for good wellbeing from people seeking sanctuary

"Keep moving, be creative, and get outside! Breathing fresh air, walking, running, dancing, singing and joining community helped both my physical and mental health."

Patty

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www.mentalhealth.org.uk
Top tips for good wellbeing from people seeking sanctuary

Talking things through with someone I trust helped me release the tension I felt because of my asylum case, rather than keeping it inside. It really helped me protect my mental health and deal with times when I feel troubled.

Bukky
In every step, from the day I arrived in the UK, to the final year at university, my journey taught me gratitude. It’s the light that guides through change, the anchor in new seas. Embrace gratitude; it’s the silent key to resilience and mental well-being. Welcome every chapter with an open heart, and remember to be kind to yourself and others around you.

Kauther
Top tips for good wellbeing from people seeking sanctuary

“Be open to new experiences. Thinking about the future and not being able to get a job when I received the right to work was particularly distressing for me. I reskilled and got support with writing CVs and cover letters. This helped me secure my first employment.”

Fru
Top tips for good wellbeing from people seeking sanctuary

"Keep learning new things. Instead of waiting and being stuck in limbo, I attended ESOL classes. Then I did an Access course in college. With lots of support, I went on to university with a Sanctuary scholarship and graduated with a degree in Law."

Asher
Top tips for good wellbeing from people seeking sanctuary

"Keep moving! I did regular jogging and it helped my mental wellbeing."

Achvil

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Therapy helped me to resolve the traumas that held me back in fear. I learned about how shame was stopping me from connecting or trusting anyone.

Tolulope
Top tips for good wellbeing from people seeking sanctuary

“I had a busy life before I came to the UK. I had to start volunteering to keep myself busy as an asylum seeker. Find somewhere to be useful and helpful. Volunteering is very important.”

George
Top tips for good wellbeing from people seeking sanctuary

“
I try to keep active and find places to volunteer and that really helps my physical and mental wellbeing.

Trevor”