



talk about your feelings



keep active



eat well



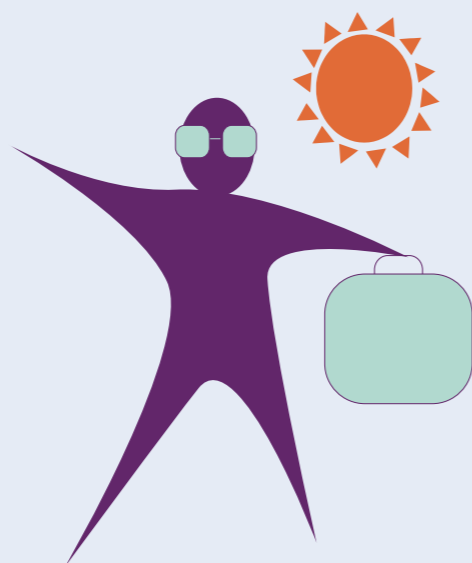
drink sensibly



keep in touch with friends and loved ones



ask for help



take a break



do something you're good at



accept who you are



care for others

Ways to look after your mental health

www.mentalhealth.org.uk

Mental Health Foundation