

IMPROVE YOUR MENTAL HEALTH

TALK ABOUT YOUR FEELINGS



Talking about your feelings can help you stay in good mental health. None of us are superhuman, if you need help ask for it, we all get overwhelmed now and again. If you need help talk to your friends and family or get in touch with local support services.

EAT & DRINK SENSIBLY



Your brain needs a mix of nutrients in order to function, a diet that's good for your physical health is also good for your mental health. Make sure you also drink plenty, but avoid alcohol when the high wears off you'll feel bad.

TAKE A BREAK



A change of pace or scene is good for your mental health, if you ever stresses take a break from your work and de-stress. Just a few minutes can be enough.

CARE FOR OTHERS



Caring for others is often an important part of maintaining relationships with people close to you. It can even bring you closer



KEEP ACTIVE

Regular exercise can boost your self-esteem and can help you concentrate, sleep and look & feel better.



KEEP IN TOUCH

Keep in touch with your friends and family, whether it's online or in person keeping the lines of communication open feels good.



ACCEPT WHO YOU ARE

We're all different. It's much healthier to accept you are unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence and helps you cope when things get tough. If you ever feeling low do something your good at, enjoying yourself can help beat stress.

NEED URGENT HELP?

If your mental or emotional state quickly gets worse talk to someone: THE SAMARITANS: 116 123