

# Taking Care of Your

# MENTAL HEALTH



IT IS JUST AS IMPORTANT AS TAKING CARE OF YOUR PHYSICAL HEALTH

## 10 TOP TIPS OF HOW TO LOOK AFTER YOUR MENTAL WELLBEING

- **TALK ABOUT YOUR FEELINGS**
- **KEEP ACTIVE**
- **EAT WELL**
- **TAKE A BREAK**
- **DRINK SENSIBLY**
- **KEEP IN TOUCH**
- **DO SOMETHING YOUR GOOD AT**
- **ACCEPT WHO YOU ARE**
- **ASK FOR HELP**
- **CARE FOR OTHERS**



**REMEMBER IF ANYONE IS HURT OR IN IMMEDIATE DANGER, DIAL 999 IMMEDIATELY**