

10 ways to look after your mental health

www.mentalhealth.org.uk



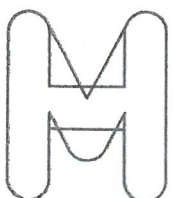
8

Do something you're good at

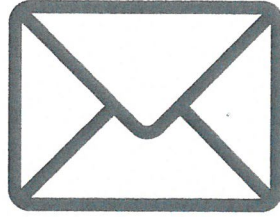
9

Accept who you are

changing
minds



mental
health
foundation



5

Keep in touch with friends and loved ones



7

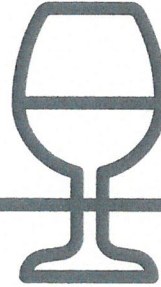
Take a break

3

Eat well

4

Drink sensibly



2

Keep active

1

Talk about your feelings

6

Ask for help

10

Care for others