

- ✓ *Is Your Mental Health important to you?*
- ✓ *How can you look after your Mental health and the mental health of your loved ones?*

Consider the following ways:

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Talk about your feelings



Keep active



Eat well



Take a break



Drink sensibly



Keep in touch



Do something you're good at



Accept who you are



Ask for help



Care for others



Mental Health
Foundation

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