



ALL IS WELL WHEN MIND IS WELL

10 tips to stay MENTALLY HEALTHY

- 1** **TALK ABOUT YOUR FEELING**
Talking about your feeling can help you stay in good mental health and deal with times when you feel troubled. It's part of taking charge of your wellbeing and doing what you can to stay healthy.
- 2** **EAT WELL**
There are strong links between what we eat and how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long lasting effect on your mental health.
- 3** **KEEP IN TOUCH**
Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and help you solve practical problems.
- 4** **TAKE A BREAK**
A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your bedroom, walking the dog, going for a run or a weekend exploring somewhere new with friends and family. A few can be enough to de-stress.
- 5** **ACCEPT WHO YOU ARE**
Some of us make people laugh, some are good at maths, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different and its okay!
- 6** **KEEP ACTIVE**
Exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise also keeps the brain and your other vital organs healthy.
- 7** **ASK FOR HELP**
None of us are superhuman! We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.
- 8** **DO SOMETHING YOU'RE GOOD AT**
What do you love doing? What activities can you lose yourself in? What did you love doing in the past?
Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.
- 9** **CARE FOR OTHERS**
Caring for others is often an important part of keeping up relationship with people close to you. It can even bring people closer together.
- 10** **CARE FOR YOURSELF !**

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