

# 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

**TALK**

ABOUT THINGS

**DO**

SOMETHING YOU ARE GOOD AT

TAKE A  
**BREAK**

KEEP  
**ACTIVE**

**ACCEPT**

WHO YOU ARE

STAY IN TOUCH WITH  
**LOVED ONES**

**EAT**  
HEALTHY

ASK FOR  
**HELP**

**CARE**

FOR OTHERS

**DRINK**  
SENSIBLY

*mental health matters*