Looking After Your Mental Health

Here are a few tips on boosting your mental health, from the Mental Health Foundation. Remember, there's no quick-fix for mental health issues. If you need urgent help visit www.mind.org.uk or call Samaritans on 116 123.

**Talk About Your Feelings**
Discussing feelings can help you stay in good mental health when you feel troubled.

**Keep Active**
Regular exercise can help to boost your self-esteem, as well as improve your physical health.

**Eat Well**
Your brain needs a mixture of nutrients in order to stay healthy and function well.

**Drink Sensibly**
Alcohol as a mood-booster is only temporary, and doesn't address your feelings long-term.

**Keep In Touch**
Chatting face-to-face is great for your mood, but a text or call can work too.

**Ask For Help**
No one is superhuman. Don't be afraid to ask for help if things get too much.

**Take A Break**
A change of pace is good for your mental health; a five-minute pause, or even a trip somewhere.

**Do Something You Are Good At**
Enjoying yourself is a great stress-buster, and can really help to boost your self-esteem.