

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 In Touch

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



Keep Active

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



Ask For Help

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



Eat Well

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



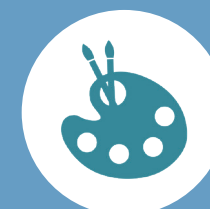
Take A Break

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



Drink Sensibly

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



Do Something You Are Good At

Enjoying yourself is a great stress-buster, and can really help to boost your self-esteem.