

HOW TO LOOK AFTER YOUR

Mental Health

#yourmindisyourbestfriend

MENTAL HEALTH FOUNDATION

1 Talk about your Feelings

2 Keep Active

3 Eat well

4 DRINK SENSIBLY

5 Keep in touch

6 ASK for Help

7 Take a break

10 Care for others

8 Do something you're good at

9 Accept who you are

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