

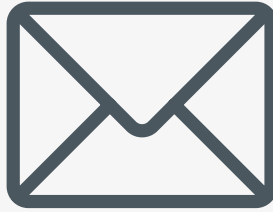
10 ways to look after your mental health

www.mentalhealth.org.uk



8

Do something you're good at



5

Keep in touch with friends and loved ones



7

Take a break

3

Eat well

4

Drink sensibly



2

Keep active

1

Talk about your feelings

9

Accept who you are

changing
minds



mental
health
foundation

6

Ask for help

10

Care for others

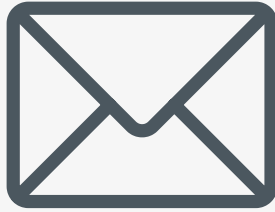
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