



# Top Tips

## How to build healthy relationships with ourselves

**Take time for yourself**

**Cheer yourself on**

**Respect your needs**

**Be honest with your feelings**

**Check in with yourself**

**Respect your body**

**Challenge yourself**

**Scan to find out more**



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# Top Tips

How to build healthy relationships with our peers

**Be kind and respectful to everyone**

**Communicate clearly and honestly**

**Be a good listener**

**Have fun**

**Be someone others can trust**

**Be open to new experiences**

**Set aside time to connect with others**

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