

My theme for 2022 is:

Activities that are good
for my mental health:

My strengths:

I would like to improve:

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Ways to look after your mental health



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Ways to look after your mental health



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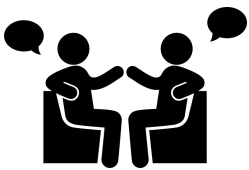
I would like to improve:

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Ways to look after your mental health



Talk about your
feelings



Take a break



Do something
you're good at



Care for others



Ask for help



Keep active



Keep in touch



Accept who
you are



Eat well