Mental Health Foundation

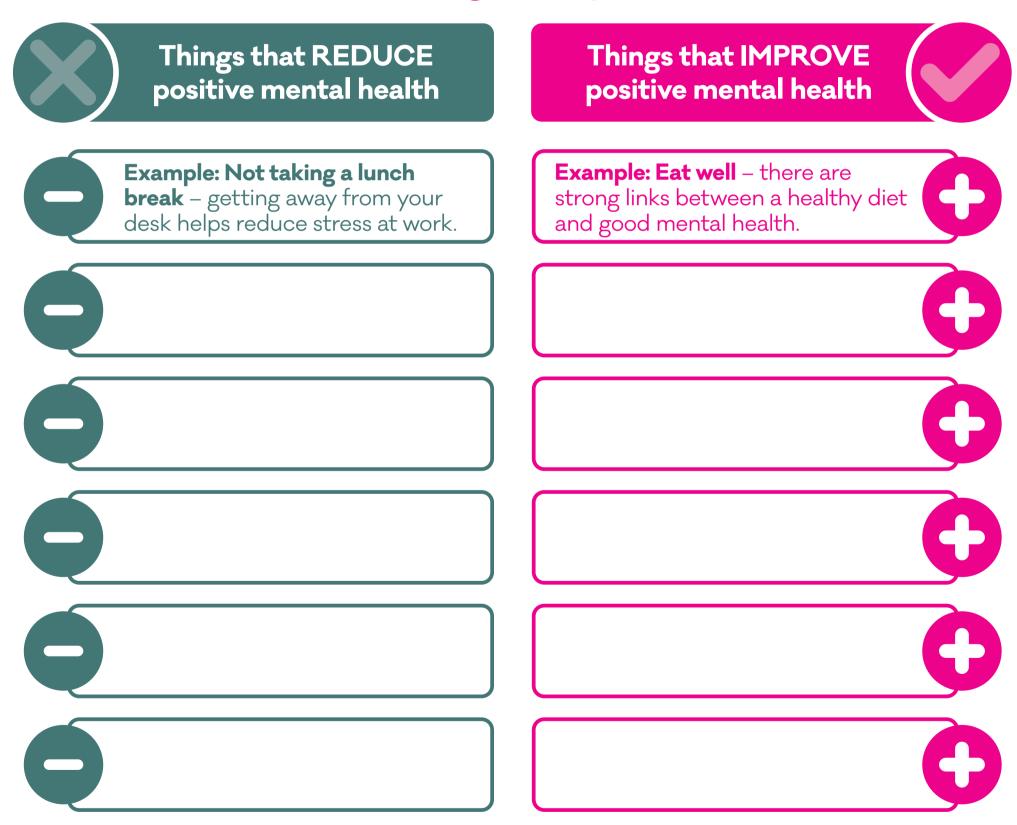TEA & TALK
Mental Health Foundation

How can we look after our mental health?

We all have mental health, just as we have physical health. Just as you would go for a walk or eat an apple to look after your physical health there are lots of things you can do every day to maintain good mental health.

Discuss together the things you do each day to maintain positive mental health, but also list the things which might be bad for you. Pop the poster up where everyone can see it as a reminder of the little things we can all to do maintain positive mental health

Need a few ideas? Visit mentalhealth.org.uk/10ways

Things that REDUCE positive mental health	Things that IMPROVE positive mental health
Example: Not taking a lunch break – getting away from your desk helps reduce stress at work.	**Example: Eat well** – there are strong links between a healthy diet and good mental health.

Need support?

If you would like some more information on mental health and ways to maintain positive mental health visit **mentalhealth.org.uk**

If you need to talk to someone about your mental health or about any issues or concerns which arose from your talk today. Call **Samaritans 116 123.**

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