

Top tips to look after your mental health



Here are some ways to stay mentally well:

Talk about your feelings

Just being listened to can help you feel supported and less alone.

Get a good night's sleep

Sleep and mental health are closely linked.

Eat well

A balanced diet can improve your sense of well-being and your mood.

Stay active

Physical activity is not only good for your body, but it's also great for your mind.

Practice mindfulness

A way to be fully engaged and present in the moment.

Keep in touch with supportive friends and family

This helps you deal with the stresses of life and makes you feel cared for and offers a different viewpoint.

