

Top tips to look after your mental health

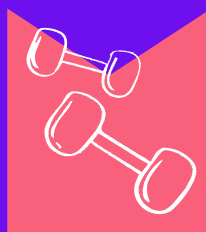


Here are some ways to stay mentally well:



Talk about your feelings

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



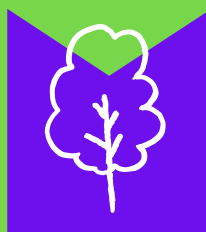
Stay active

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



Get a good night's sleep

Sleep and mental health are closely linked.



Practice mindfulness

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



Eat well

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



Keep in touch with friends and family

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



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