



Mental Health  
Foundation

**Talking about your  
feelings can help you stay  
in good mental health  
and deal with times when  
you feel troubled.**



Good mental health for all.

**[mentalhealth.org.uk](https://www.mentalhealth.org.uk)**



Mental Health  
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**Regular exercise can  
boost your self-esteem  
and can help you  
concentrate, sleep, and  
look and feel better.**



Good mental health for all.

**[mentalhealth.org.uk](https://www.mentalhealth.org.uk)**



Mental Health  
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**What we eat may affect  
how we feel. A diet that's  
good for your physical  
health is also good for  
your mental health.**



Good mental health for all.

**[mentalhealth.org.uk](http://mentalhealth.org.uk)**



Mental Health  
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**We often drink alcohol  
to change our mood,  
but drinking is not a  
good way to manage  
difficult feelings.**



Good mental health for all.

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**Strong family ties and  
friendships can help you  
deal with the stresses of  
life and maintain good  
mental health.**



Good mental health for all.

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**None of us are  
superhuman. If things  
are getting too much for  
you and you feel you  
can't cope, ask for help.**



Good mental health for all.

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**Taking a break is good  
for us. A change of scene  
or a change of pace  
can be good for your  
mental health.**



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**Enjoying yourself can  
help beat stress.**

**Do an activity you're  
good at to improve  
your mood.**



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**We're all different.  
Accept and be proud of  
who you are rather than  
wishing you were more  
like someone else.**



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Mental Health  
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**Doing good for others  
does you good. Take  
time to care for others  
to improve both your  
and their mental health.**



Good mental health for all.

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