

# My theme for 2020 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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Talk about your feelings
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Take a break
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Do something you're good at
- 

Care for others
- 

Ask for help
- 

Keep active
- 

Keep in touch
- 

Accept who you are
- 

Eat well



Mental Health Foundation

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

Registered Charity No. England 801130 Scotland SC 039714

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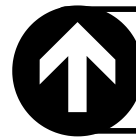
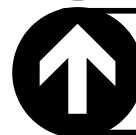
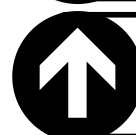


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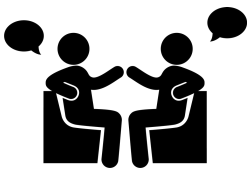
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