

My theme for 2018 is:

Activities that are good for my mental health

What are my strengths?

What do I enjoy doing?

What would I like to improve?

10 ways to look after your mental health

1. Talk about your feelings
2. Keep active
3. Eat well
4. Drink sensibly
5. Keep in touch
6. Ask for help
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others



Mental Health Foundation

 mentalhealthfoundation

 @mentalhealth

 @mentalhealthfoundation

More information on how to look after your mental health:
mentalhealth.org.uk/howto