

My theme for 2019 is:

Activities that are good for my mental health:

My strengths:

I would like to improve:

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✓

✓

✓

✓

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Ways to look after your mental health

- 

Talk about your feelings
- 

Take a break
- 

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

Registered Charity No. England 801130 Scotland SC 039714






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 <p>Talk about your feelings</p>	 <p>Take a break</p>	 <p>Do something you're good at</p>	 <p>Care for others</p>	 <p>Ask for help</p>
 <p>Keep active</p>	 <p>Keep in touch</p>	 <p>Accept who you are</p>	 <p>Eat well</p>	



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My theme for 2019 is:

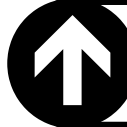
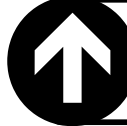
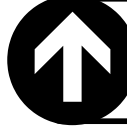


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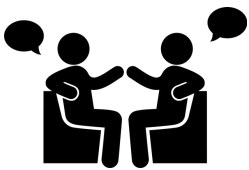
I would like to improve:

Ways to look after your mental health



Talk about your feelings



Take a break



Do something you're good at



Care for others



Ask for help



Keep active



Keep in touch



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