






# My theme for 2021 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

 <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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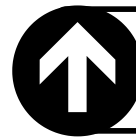
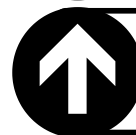
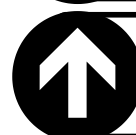


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## Ways to look after your mental health



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