

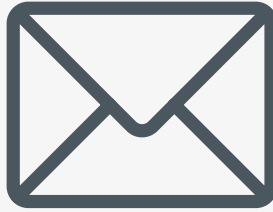
# 10 ways to look after your mental health

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



8

Do something you're good at



5

Keep in touch with friends and loved ones



7

Take a break

3

Eat well

4

Drink sensibly



2

Keep active

1

Talk about your feelings

9

Accept who you are

changing  
minds



mental  
health  
foundation

6

Ask for help

10

Care for others

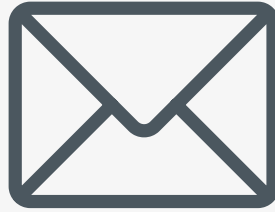
# 10 ways to look after your mental health

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



8

Do something you're good at



5

Keep in touch with friends and loved ones



7

Take a break

3

Eat well

4

Drink sensibly



2

Keep active

1

Talk about your feelings

9

Accept who you are

changing  
minds



mental  
health  
foundation

6

Ask for help

10

Care for others