Mental Health Foundation

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

Good mental health for all.

mentalhealth.org.uk

Mental Health Foundation

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.

Good mental health for all.

mentalhealth.org.uk

What we eat may affect how we feel. A diet that's good for your physical health is also good for your mental health.

Good mental health for all.

mentalhealth.org.uk

We often drink alcohol to change our mood, but drinking is not a good way to manage difficult feelings.

Good mental health for all.

mentalhealth.org.uk

Strong family ties and friendships can help you deal with the stresses of life and maintain good mental health.

Good mental health for all.

mentalhealth.org.uk

Mental Health Foundation

None of us are superhuman. If things are getting too much for you and you feel you can't cope, ask for help.

Good mental health for all.

mentalhealth.org.uk

Taking a break is good for us. A change of scene or a change of pace can be good for your mental health.

Good mental health for all.

mentalhealth.org.uk

Enjoying yourself can help beat stress.
Do an activity you're good at to improve your mood.

Good mental health for all.
mentalhealth.org.uk

Mental Health Foundation

We're all different. Accept and be proud of who you are rather than wishing you were more like someone else.

Good mental health for all.
mentalhealth.org.uk

Mental Health Foundation

Doing good for others does you good. Take time to care for others to improve both your and their mental health.

Good mental health for all.

mentalhealth.org.uk