



talk about your feelings



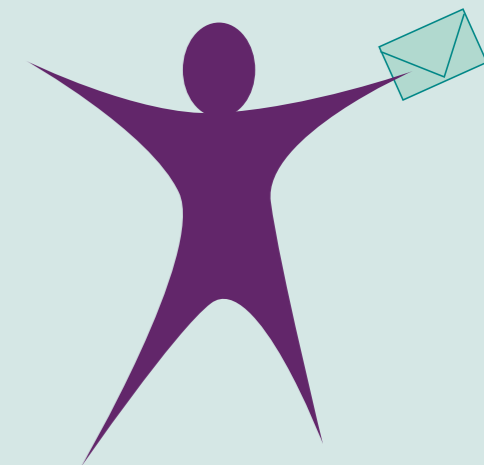
keep active



eat well



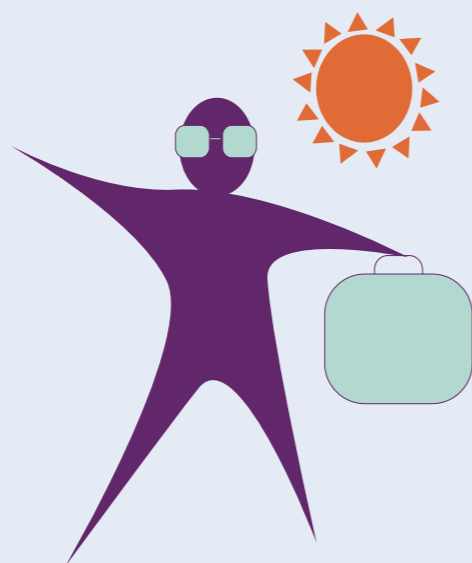
drink sensibly



keep in touch with friends and loved ones



ask for help



take a break



do something you're good at



accept who you are



care for others

# Ways to look after your mental health

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

Mental Health Foundation