

Top Ten Tips to good mental health



1. Be active

Healthy body, health food, healthy mind



2. Nature is nurture

Get outside and enjoy the sunshine



3. Try something new

Take an interest in a new hobby, course or activity



4. It's good to talk

Pick up the phone



5. Believe in yourself

Be proud of who you are and what you are good at



6. Make time for yourself

"Me time"



7. Get your 40 winks

A good night's sleep help emotional well-being



8. Reflect

Remember something you are proud of having achieved each day



9. Don't take on the world in a day

Small steps, small targets



Here to help

10. Don't be afraid to ask for help

Talking about your feelings is part of saying healthy