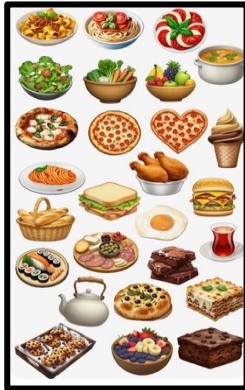


10 Ways to Look After Your Mental Health



**Talk about
your feelings**



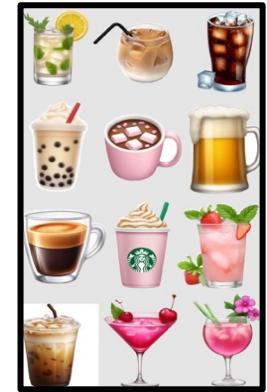
Eat well



Keep active



Ask for help



Drink sensibly



Care for others



**Accept who
you are**



**Do something
you are good at**



Take a break



**Keep in touch with
friends & loved ones**