

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Talk about your feelings

Keep active

Eat well

Take a break

Drink sensibly

Keep in touch

Do something you're good at

Accept who you are

Ask for help

Care for others

Mental Health Foundation
mentalhealth.org.uk

Self-Care for Mental Health

Compassion
Be kind to yourself. Stop judging yourself. Practice positive self-talk.

Self-Care
Rest. Pay attention to your self-care battery. Give yourself what you need. Make time for yourself. Set hard boundaries.

Action
Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

Support
Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need. Create a strong support system. Break the stigma.

Accountability
Notice how your choices (conscious or unconscious) contribute in a negative way. Look at what isn't working in your life.

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