



TEN WAYS TO LOOK AFTER YOUR MENTAL HEALTH AT HOME

- 1 Share your problems
- 2 Eat healthily
- 3 Stay in touch
- 4 Learn to be comfortable in your own skin
- 5 Keep fit
- 6 Have a rest
- 7 Watch your alcohol intake
- 8 Ask for help
- 9 Do something you enjoy
- 10 Look out for others

