

10 WAYS TO BOOST YOUR MENTAL HEALTH



CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



SHARE THINGS

Don't be afraid to share things with your family or friends.



WORK ON YOURSELF

Make sure that you take some time to work on your own well being



SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern