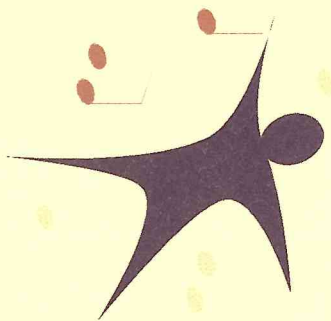
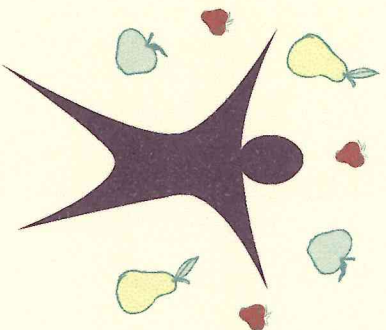


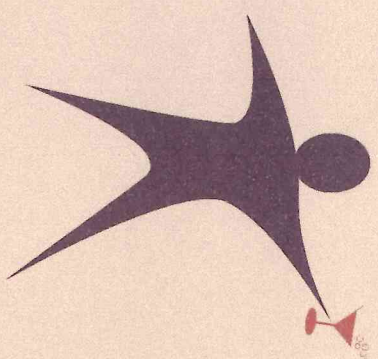
talk about your feelings



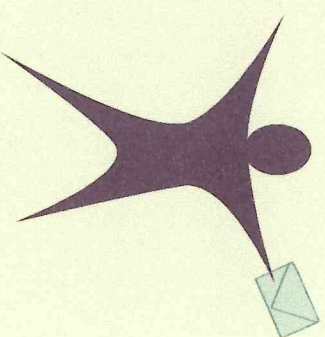
keep active



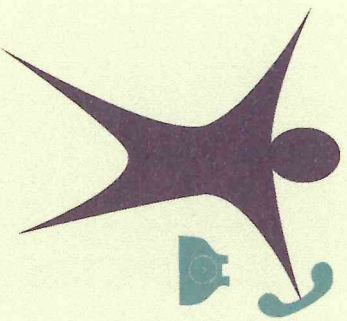
eat well



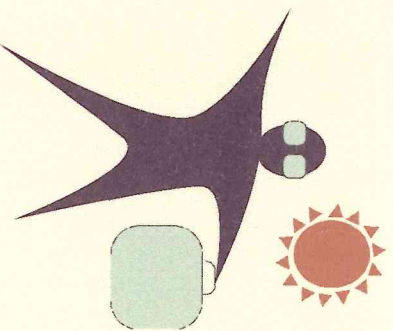
drink sensibly



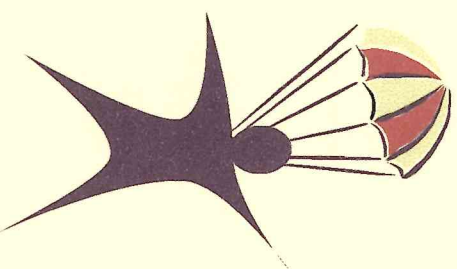
keep in touch with friends and loved ones



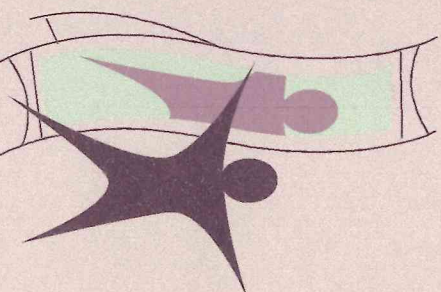
ask for help



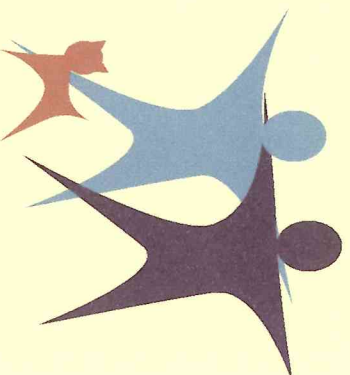
take a break



do something you're good at



accept who you are



care for others

# Ways to look after your mental health

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Mental Health Foundation