

Looking after your Mental Health



Try to keep busy.
Do something every day.

Think about things you enjoy.
Make a plan every week to do
things you enjoy.

Meet up with friends and other
people.



It is fun to do things with other
people.



Have some time to relax.

Think of what you do to relax.

Talk to people about how you feel.
Talk to people when you feel good
and when you do not feel good.



Talking to people is really good for
you.



Think of other things that make you
feel good.

Think of things that make you feel
happy.



This leaflet tells you some things you
can do everyday to help you feel good



Mental health is part of being healthy.

Mental health is about how we feel inside.

Sometimes we feel good.

When we feel good we feel happy and relaxed.



Sometimes we do not feel good.

When we do not feel good we feel sad or worried or anxious.

There are things you can do to help you feel good.

Taking care of yourself can help you feel good.
Ask your carer or staff to help you.

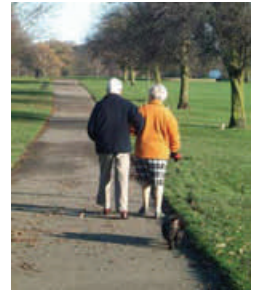


Eat healthy food.

Have fruit and vegetables with every meal.

Do some exercise every day.

You could go for a walk outside.
Fresh air is very good for you.



Do not drink too much alcohol.

Do not smoke.

Have a shower or a bath every day.

Choose clean clothes to put on every day.



Try not to sleep during the day.
This will help you to sleep better at night.

Try to have a good sleep every night.

Go to your doctor regularly for a check up.

Ask your doctor to check your tablets.

