



Mental Health
Foundation

**Talking about your
feelings can help you stay
in good mental health
and deal with times when
you feel troubled.**



Good mental health for all.
mentalhealth.org.uk



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**Regular exercise can
boost your self-esteem
and can help you
concentrate, sleep, and
look and feel better.**



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**What we eat may affect
how we feel. A diet that's
good for your physical
health is also good for
your mental health.**



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**We often drink alcohol
to change our mood,
but drinking is not a
good way to manage
difficult feelings.**



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**Strong family ties and
friendships can help you
deal with the stresses of
life and maintain good
mental health.**



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**None of us are
superhuman. If things
are getting too much for
you and you feel you
can't cope, ask for help.**



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**Taking a break is good
for us. A change of scene
or a change of pace
can be good for your
mental health.**



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**Enjoying yourself can
help beat stress.**

**Do an activity you're
good at to improve
your mood.**



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**We're all different.
Accept and be proud of
who you are rather than
wishing you were more
like someone else.**



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**Doing good for others
does you good. Take
time to care for others
to improve both your
and their mental health.**



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