

1. Talk About Your Feelings

Talking to your friends, family, GP or tutor about the way you feel is one of the best things you can do! Give it a try, you'll surprise yourself!



2. Accept Who You Are

You are amazing, always remember that!

3. Take Time Out

Sometimes all you need is 5 minutes alone, if you're feeling overwhelmed, take some 'you' time.



7 Ways to Look After Your Mental Health

7. Digital Detox

Take time out from the world of social media. Social media is the biggest culprit of bringing negativity into people's lives, you'll be surprised how much better you feel by logging out.



4. Eat Well



A balanced diet is not just good for the body, it's also good for your brain.

6. Keep Active



Go for a walk or jog, hit the gym, or maybe a swim? Exercise is a natural remedy of taking care of your mental health, go on give it a go.

5. Ask For Help

It's OK not to be OK, ask for help, it is allowed!



Useful Websites

www.samaritans.org
www.mentalhealth.org.uk
www.mind.org.uk
www.rethink.org
www.havegotaproblem.com