

10 EVIDENCED-BASED WAYS TO IMPROVE YOUR MENTAL HEALTH

TALK ABOUT YOUR FEELINGS.

Identify someone you feel comfortable with and who will be supportive.

EAT WELL.

Regular, well-balanced meals plus plenty of water are ideal.

Have healthy snacks.

DRINK RESPONSIBLY.

Eat while drinking.

Drink plenty of water when drinking to avoid dehydration.

Take sips instead of gulps.

Switch to non-alcoholic drinks when starting to feel the effects of alcohol.

TAKE A BREAK.

Give yourself some "Me-Time".

ACCEPT WHO YOU ARE.

We are all different and unique.

Feeling good about yourself boosts your confidence to learn new skills.

Be proud of who you are.

Visit new places.

Make new friends.

KEEP ACTIVE.

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

30-min exercise at least 5 days a week.

Make physical activity you enjoy a part of your day.

KEEP IN TOUCH.

Find a mentor or a small group of trusted colleagues with whom you can discuss feelings about work.

Maintain friendships and family relationships.

ASK FOR HELP.

From family, friends, faith leaders.

From medical and mental health professionals.

DO SOMETHING YOU ARE GOOD AT.

A hobby.

Incorporate enjoyable tasks in your workload.

CARE FOR OTHERS.

This makes us feel needed and valued and that boosts our self-esteem.

This is important in keeping relationships with people close to you.

Volunteer.



PREVENTION
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Adapted from www.mentalhealth.org.uk