Take care of yourself...

#break the stigma

Thursday 10th of October is mental health awareness day and here are some tips to stay well and take care of your own mental health!

Talk about your feelings

Talking about your mental health isn't a sign of weakness. It's taking charge of your wellbeing and doing what you can to stay healthy.

Keep active

Regular exercise can boost your self-esteem and help you concentrate. Experts say most people should do about 30 minutes exercise at least five days a week.

Eat well

Your brain needs a mix of nutrients in order to say healthy just like the other organs in your body.

Drink sensibly

Alcohol can change your mood to deal with fear or loneliness, however when the booze wears off you feel worse because of the way it has affected your brain - *hanganxiety* (mix of anxiety and hangover)

Do something you are good at

Enjoying yourself can beat stress. Doing an activity you enjoy probably means your good at it and achieving something boosts your self esteem.

Find our more...

If you would like more information contact your mental health charity:

MIND (England & Wales):
www.mind.org.uk

SAMH (Scotland):
www.samh.org.uk

AWARE (Northern Ireland):
www.aware-ni.org