



### DO SOMETHING CREATIVE

All kinds of creative things can help if you're stressed.  
Music, gardening, cooking, painting – find something that suits you.



### EATING WELL

Having a balanced diet is important for good physical and mental health. Eating the right foods can have a big impact on moods and the way you feel.



### VALUING YOURSELF AND OTHERS

We are all individuals and have different qualities, try to focus on at least one positive aspect of yourself.



### KEEPING IN TOUCH WITH FRIENDS AND LOVED ONES

It can be difficult keeping in contact with family and loved ones. Staying in touch can have a big effect on our wellbeing.



### LEARNING NEW SKILLS

Trying new things can make you feel good about yourself and increase your confidence – whether it's for work, pleasure or play!



### ASKING FOR HELP AND SHARING YOUR FEELINGS

Everyone needs help from time to time. It's OK to ask for support whether it's from friends, family, doctor, local support group or helpline.

# It's good to be you



### GETTING INVOLVED AND MAKING A CONTRIBUTION

Meeting new people and getting involved in things can make a difference – for you and others, by supporting each other and feeling valued.



### KEEPING PHYSICALLY ACTIVE

Regular exercise can really help if you're feeling stressed by helping you to relax. Find something you enjoy – walking, dancing, sports or cycling.



### CARING FOR YOURSELF

It is important to look after yourself – do something that makes you feel good.

### TAKING A BREAK

Take time out from daily routine. Enjoy being yourself and doing something just for you.

