



TOP TIPS

for looking after your

MENTAL HEALTH

at

-Christmas-



Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.



Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.

Nutrition can significantly impact mental health. A healthy balanced diet is good for you physically and mentally. A Healthy Body means a Healthy Mind.



Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.

Talk to friends or family or contact:

Samaritans 116 123

Lifeline 0808 808 8000

Childline 0800 1111

