15 TIPS
TO DEVELOP GOOD
MENTAL HEALTH

Exercise regularly and stay active

Talk to friends

Don't be afraid to tell people how you feel

Get into a good sleep routine

Take part in something that makes you happy

Make sure you are eating well

Relax - practice some deep breathing

Challenge your negative thoughts

Learn what your stress triggers are

Invest time in developing your confidence

Share your feelings with friends and family

Learn how to problem solve effectively

Learn some strategies to manage your stress

Don't be afraid to seek help

Take time to relax and reflect