

# 5 THINGS TO DO WHEN YOU'RE FEELING DOWN

 @BELIEVEPHQ



## Talk to someone

Talk to a friend, colleague or family member about how you are feeling. Don't be afraid to express how you are feeling. It is okay to not feel okay.

## Be kind to yourself

Practice some self care. Take time to really look after yourself. Switch off from social media and do something that you enjoy or gives you a sense of achievement or pleasure



## Physical health

Try to maintain a well balanced diet and to stay hydrated throughout the day. Manage your energy levels, get a good nights sleep and try to stay active (exercise)

## Goal setting

With a friend set some small and achievable goals of some pleasurable and engaging activities that you can achieve. Start small



## Ask for help

Don't be afraid to ask for help. Asking for help is not a sign of weakness. Speak to your doctor or get in touch with a local mental health charity for support