

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

