

Ten habits for good mental health

1. Ask for help if you feel anxious, depressed, angry, worried about anything.



2. Talk about your feelings. (Can you control your reaction to them so that they are manageable?)



3. Spend time in reflection, quiet time or meditation, focusing on the present moment only.



4. Eat well and sleep well.



5. Spend time everyday doing things that you enjoy.



6. Keep in touch with people you like.



7. Stay active – go for a walk or kick a ball or jump on a trampoline.



8. Do something you are good at.



9. Actively reach out and care for others.



10. Be proud of your being

