



# LOOKING AFTER YOURSELF



## BE KIND TO YOURSELF

Have reasonable expectations of yourself. Be aware of the strain you may have been under and don't beat yourself up if you are not firing on all cylinders.



## TAKE TIME FOR SELF-CARE

Ensure that you make time and create opportunities to do healthy things that make you feel good. This may be outdoor activities, hobbies, sports or spending quality time with friends or family.



## DEVELOP YOUR KEY RELATIONSHIPS

Take time to develop the most important connections you have with people. Create time for your relationships. Be kind and share how much you appreciate those valued relationships.



## REMOVE NEGATIVE INFLUENCES IN YOUR LIFE

Negative people and harmful activities can bring us down and affect our mental wellbeing. Surround yourself with happy and positive people who are supportive. Avoid doing activities which you know to be harmful to your wellbeing.



## EAT, DRINK AND SLEEP HEALTHILY

A healthy diet, good hydration and sleep are fundamental for positive mental health and wellbeing.

**When our buckets are in balance, we thrive.**

Sometimes life might get in the way and it can be hard to look after yourself. Don't pressure yourself for not being able to strike a perfect balance; it's all about being healthy in the end - mentally and physically.

**Need to talk now?**

0800 111 315

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