

THINGS YOU CAN DO TODAY TO LOOK AFTER YOUR MENTAL HEALTH

- Take 6 deep belly breaths
- Think of something you feel grateful for
- Eat foods that nourish your body
- Drink 2L + water
- Spend time in the fresh air
- Connect with a friend or family member
- Stretch your body and relax your muscles
- Disconnect from devices at least 30 mins before bed

