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Put yourself and your needs higher on your agenda.



#6

Seek healthier food that you love. Eat more of it.



## Top 10 Tips For Mental Health And Wellbeing

Let's keep it simple!



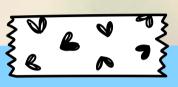
#2

Look out for signs that friends, family and colleagues need support.



#3

Put inhibitions aside and speak out when issues arise.



#4

Find your passion and do more of what makes you happy.



#5

Get enough rest; address underlying causes of lack of rest.



#7

Find exercise that you find fun. Do more of it.



#8

Make connections
with likeminded
people.
Be brave and
take the first step.



#9

Spend time in nature and undertake other mindful practices.



#10

Develop a positive mindset, go with the flow and have an attitude of gratitude.