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#TheWellBeingLady's

Top 10 Tips For Mental Health And Wellbeing

Let's keep it simple!

#1

Put yourself
and your
needs higher on
your agenda.

#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.

#6

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

#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.