



TOP TIPS

FOR LOOKING AFTER YOUR

Mental Health *at Christmas*



Being Active!

A great tool for physical health and fitness, and evidence shows it can also improve your mental well being!



Stay in Touch!

Having good friendships is important for your mental health. Connect or reconnect with friends and family this holiday season.

Watch what you eat!

Nutrition can significantly impact mental health. A healthy balanced diet is good for you physically and mentally. A Healthy Body is a Healthy Mind!



Ask for Help!

Talk to friends or family or contact:
Help Line:
1-877-303-2642
Kids Help Phone:
1-800-668-6868



Take a Break!

Allow time for yourself, even if it's just for 5 minutes. Stop and put your feet up or have a cup of tea. Make sure you get enough sleep.

