



Look after your mental health

There are many things you can do to look after your mental health and emotional wellbeing.

It's especially important to look after yourself if you're feeling stressed or anxious. And don't forget to eat properly and get enough sleep.

It's also important to find ways to cope that work for you. Tips include talking to your friends, sharing your feelings, keeping physically active, finding ways to relax, and making time to enjoy yourself.

Talk to someone & seek help if you're finding it hard to cope

www.nhsbt.wellbeingzone.co.uk

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