

'10 a day' choices towards balancing our mental health



Talk about your feelings



Do something you enjoy and are good at



Keep yourself hydrated



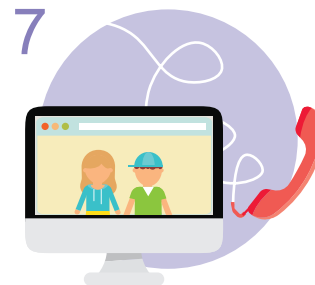
Eat well



Keep active in mind and body



Take a break



Stay connected to those you care about



Ask for help



Be proud of your very being



Actively care for others