

Setting aside time for mental health.

Do things that make YOU feel good about YOU! This stuff is great to do every day, but can be really useful when going through a stressful time either personally or professionally.

- Exercise
- Get outdoors
- Practice mindfulness or meditation
- Read a book
- Listen to music

REMEMBER...

Looking after yourself is not only good for your own mental health but will enable you to help your family and friends even more effectively.

As a family.

- Watch a movie together
- Exercise together
- Talk openly about feelings
- Have family dinners
- Limit screen time

