

The 10 positive steps...

Adapted from the Mental Health Foundation 'How to look after your mental health' campaign 2007

Positive steps for mental health	What I currently do	What I would like to do in the future	What I find difficult about this and the steps I will take to overcome any difficulty
Drink sensibly			
Do something I'm good at			
Accept who I am			
Talk about my feelings			
Ask for help			

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Positive steps for mental health	What I currently do	What I would like to do in the future	What I find difficult about this and the steps I will take to overcome any difficulty
Keep active			
Take a break			
Care for others			
Keep in touch			
Eat well			