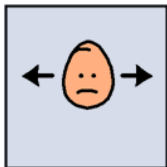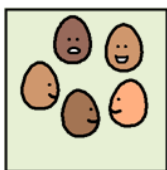# Improving Mental Wellbeing

It's okay to say no. There are lots of things it is important to do. But sometimes we can feel overwhelmed. It is okay to say no.

Take time to yourself. It is important that we continue to build relationships and have strong, positive relationships. It is also important to be comfortable with your own company.

Relationships. Having someone you can talk to and spend time with, is a hugely important for your mental wellbeing. It might be family members or friends.

Take a break. Take time away from work. If you can, stick to set hours of work and set hours for relaxation.
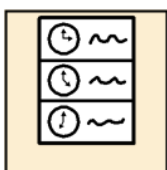
Routine. Ensure there is some routine to your day. It might be that the only routine you can stick to is having meals around the same time each day. It might be that each day needs to be the same.

Try to eat healthy. This doesn't mean you can't have some treats. It just means be aware of how different foods can impact on your mood.

Drink more water. Our bodies need water to be healthy. Try to swap one of your drinks with water.

Exercise. Exercise not only helps keep our body healthy and fit, it also helps our minds.

Laugh. Some days, it is easy to laugh, other days you need to force yourself! But do it, a fake laugh very quickly becomes a real laugh.

Have fun. Every day, make sure you do something you enjoy. Try something fun and silly and see how you feel!