



**Eat well and drink sensibly**



**Talk about your feelings**



**Ensure you sleep well**



**Take time to do things you are good at and enjoy**



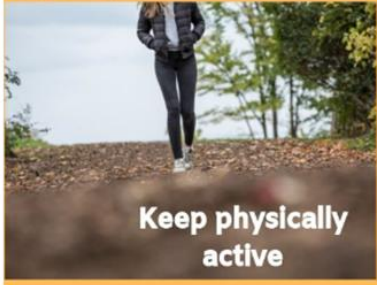
**Accept and value who you are**

# 10 ways to improve your mental health and wellbeing

[www.nhsaaa.net/better-health](http://www.nhsaaa.net/better-health)



**Keep in touch with others**



**Keep physically active**



**Care for others**



**Take a break**



**Don't be afraid to ask for help**



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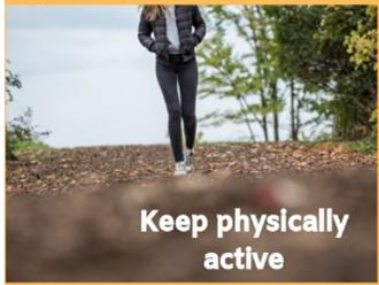
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