

## Tips for Good Emotional Wellbeing and Mental Health

Talk to people you trust, e.g. family, friends, teachers, tutors at college, GP

Try doing some exercise

Eat well – eat a balanced and varied diet

Get enough sleep – prioritise this!

Take a few deep breaths

Allow yourself time to relax and chill, e.g. listening to music, having a hot bath, meeting friends

Try using some mindfulness

Don't be afraid to ask for help or to access self-help

Do something you are good at

Avoid drugs and alcohol

Be kind and compassionate to yourself

Focus on your values and things that are important to you