

How do I cope?

Self-care and lifestyle changes can help manage the symptoms of many mental health problems and help keep us well

Stay aware of your mental health

- ⇒ Tell people what helps
- ⇒ Spot early warning signs
- ⇒ Keep a mood diary

Nourish your social life

- ⇒ Feeling connected to other people can make you feel valued and confident

Peer support

- ⇒ Feeling accepted, increasing confidence and knowledge that you are not alone

Make time for therapeutic activities

- ⇒ Relaxation
- ⇒ Mindfulness
- ⇒ Getting into nature

Look after your physical health

- ⇒ Get enough sleep
- ⇒ Make time for personal care
- ⇒ Eat healthily
- ⇒ Keep physically active
- ⇒ Avoid drugs/alcohol

Know when to get extra support

- ⇒ Contact a specialist organisation if you have a mental health diagnosis, or would like support in a specific aspect of your life.