

'10 a day' choices towards balancing our mental health

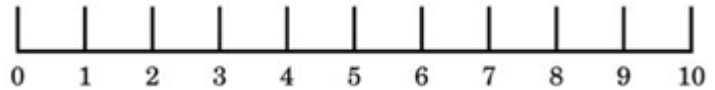
What do you choose to do most when you look after your mental health?

0 = I don't choose this very much

10 = I choose this quite a lot



1 Talk about your feelings



2 Do something you enjoy and are good at



3 Keep yourself hydrated



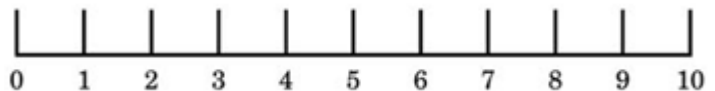
4 Eat well



5 Keep active in mind and body



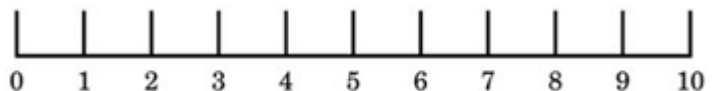
6 Take a break



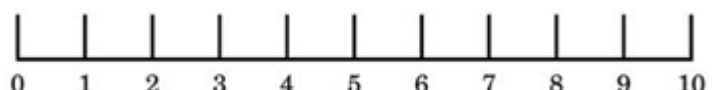
7 Stay connected to those you care about



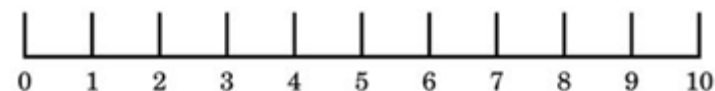
8 Ask for help



9 Be proud of your very being



10 Actively care for others



What have noticed? How well do you think you look after your mental health? What do you choose the most? What do you choose the least? Is there any choice you could do more of? How might you do that?