Many factors can influence mental well-being. Getting the balance right can be difficult.
Handy, Helpful Hints...

- Eat a healthy diet
- Have a regular sleep pattern
- Take pride in your appearance
- Make time for yourself
- Enjoy hobbies
- Keep in touch with friends and family
- Share worries or problems with others
- Seek help and advice
- Set yourself realistic aims
- Like yourself for who you are
- View setbacks as a learning experience, not failure

If you know someone who would like this information in a different format contact the Communications Team on 0191 424 6515. For further copies of this leaflet please contact the Public Health Improvement Information & Resources Team on 0191 424 6666.

The Wellbeing info Directory gives information on how to keep your mind and body healthy go to:

www.wellbeinginfo.org

Reviewed Nov 13