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

Working together to make South of Tyne and Wear healthy for you

This information can also be made available in another format or language on request. If you require further copies of this leaflet please contact the Public Health Improvement Information Team Tel: 283 1124 Email: healthinfo@sotw.nhs.uk

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