

PATIENT INFORMATION

10 a Day Choices Towards Balancing Our Mental Health



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

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

Working with you, for you