Look After Yourself
Top 10 Tips for Good Mental Health and Wellbeing

Keep Active
Find a physical activity you enjoy and make it part of your life, you will feel better and boost your self-esteem

Sleep is Important
Sleeping well can improve concentration and refresh you

Take a Break
Use your lunchbreak to get away from your desk. Step outside for just a few minutes, it can re-energise you

Eat Well
A balanced diet rich in nutrients is good for both your mental and physical health

Drink in Moderation
Stay within the recommended alcohol limits: heavy drinking affects brain function and can cause disease

Keep in Touch
Maintain good relationships with friends, family and your wider community: strong connections can help you to feel happier

Share How You Feel
Talk about your feelings, it can help you cope with problems and feel listened to

Give Back
It has been proven that giving – time or money – can make you feel valued and give you a sense of purpose

Be Mindful
Mindfulness – positive emotions and paying attention to the present – can help you enjoy life more

Ask for Help
Asking for help is a sign of strength, and can lead to the right support for you, whatever you’re going through

HELPLINE SUPPORT 0800 279 6888
we’re waiting for your call

You can find useful information and resources, as well as download our factsheets at www.lawcare.org.uk