

# 15 Tips to Keep a Good Mental Health



Exercise regularly and stay active



Talk to friends



Don't be afraid to tell people how you feel



Get into a good sleep routine



Take part in something that makes you happy



Make sure you are eating well



Relax - practice some deep breathing



Challenge your negative thoughts



Learn what your stress triggers are



Invest time in developing your confidence



Share your feelings with friends and family



Learn how to problem solve effectively



Don't be afraid to seek help



Learn some strategies to manage your stress



Take time to relax and reflect

