

## **10 Tips for Mental Health**

1. **Build confidence:** identify both your abilities and weaknesses together, accept them, build on them and do the best with what you have.
2. **Eat right, keep fit.** Eat a balance diet. Exercise and rest can help you to reduce stress and enjoy life.
3. **Make time for family and friends:** these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
4. **Give and accept support:** friends and family relationships thrive when they are "put to the test."
5. **Create a meaningful budget:** financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.
6. **Volunteer:** being involved in community gives a sense of purpose and satisfaction that paid work cannot.
7. **Manage stress:** we all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
8. **Find strength in numbers;** sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.
9. **Identify and deal with moods:** we all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.
10. **Learn to be at peace with yourself:** get to know who you are, what makes you really happy, and learn to accept what you can and cannot change about yourself.