TAKE ACTION

Top tips for emotional wellbeing

Care for others - people and pets

Play a sport, run, swim, dance, ride a bike

Believe in yourself

Do something that you're good at

Out at least eight hours sleep a night

Count to ten and think about problems before reacting

SMILE!

Talk about your feelings

Eat a balanced diet and drink plenty of water

Ask for help if you need it

DON'T HANG ON TO BAD THOUGHTS

CONTACTS

ChildLine 0800 1111

ABA

YOUNGMINDS

FRANK