STAMP OUT STIGMA

SOS

with *Sodexo*

10 tips
to take care of your mental health
and that of your loved ones, friends and colleagues

1 Value Yourself
Treat yourself with kindness & respect.

2 Eat Well & Stay Hydrated
A diet that's good for your physical health is also good for your mental health.

3 Get Plenty of Sleep
Sleep is important for our physical & mental health.

4 Keep Active
Regular exercise can promote mental & emotional health, relieve stress, improve memory & help you to sleep better.

5 Keep in Touch
Keep the lines of communication open. It's good for you!

6 Care For Others
Helping others isn't just good for the people you're helping; it's good for you too.

7 Laugh
The more intense the laughter is, the more it helps us keep a positive outlook on life.

8 Take a Break
A few minutes can be enough to de-stress you. Give yourself some 'me time'.

9 Manage Stress
Avoid procrastinating & address your challenges directly.

10 Ask for Help
Recognize when you're not feeling good & know when to ask for help.

This is not a comprehensive list of tips.
How do you enhance your mental health?