

# Ideas to improve your mental health

Play some sport



Write down how you feel



Express your feelings through art



Try something new



Practice strategies to cope with anxiety



Have a good sleep routine



Go for a walk



Talk to friends or family



Choose a healthy diet and drink plenty of water



Help out in your community



Take a break from social media



Choose to listen to positive voices



# Ideas to improve your physical health

Find a sport or physical activity you enjoy



Stick to a bedtime and wake time



Eat a healthy breakfast every day



Put limits on screen time and social media



Remember what you eat effects how you feel



Snack on fruit or veg



Brush your teeth twice a day for at least 2 minutes



Spend some time in nature every week



Have a good hygiene routine



Join a sports team or club



Choose friends who help you make healthy choices



Drink water when you feel thirsty or hungry



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