

Top Tips For Self Care

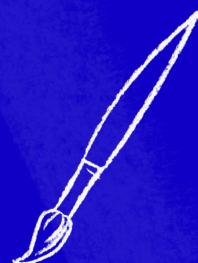
Self-Care is different for everyone - and as we encourage conversations around mental health, it's important we acknowledge that what works for one person may not work for another. Below you'll find some of our top tips - but why not share your own using #TimeToTalkDay on Social Media?

Try to communicate with others.

It sounds obvious given we're share this around Time To Talk day, but communicating and setting our own boundaries can be a great way to pro-actively manage our mental health.



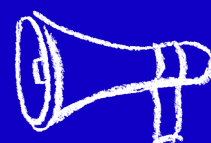
Make time to do things you enjoy. Whether it's sneaking away to the Cinema for a film, taking a walk in nature or practicing mindfulness - hobbies and activities can make a huge difference.



Look after your physical health. Our physical and mental health are intrinsically linked - so looking after our physical health can help to look after our mental health and wellbeing, too!



Reach out to support services. Sometimes we just need to be reminded that it's OK to ask for help. There are lots of support services out there which can help you manage your mental health.



These are just a handful of steps we can all take. Remember - mental health is different for all of us. Find what works best for you!



#TimeToTalkDay

Our Charity Registration Number is 1167328