10 WAYS YOU CAN IMPROVE YOUR
MENTAL HEALTH TODAY

@BELIEVEPHQ

02
Take a break from technology. Switch off from social media

03
Engage in some fun exercise for 30 minutes. It is great for boosting mood and reducing anxiety

04
If you are feeling anxious or low then try speaking to a friend or family member about how you are feeling

05
Write down 3 good things that you have achieved today

01
Try and eat a well balanced diet throughout the day

06
Make sure you are getting a good nights sleep

10
Stay in the present moment and focus on one thing at a time

07
Practice some self care. Take a break, have a bath or go for a walk. Do something for yourself

09
Challenge your negative thoughts in a thought diary

08
Engage in some deep breathing or progressive muscle relaxation