LOOK AFTER YOUR MIND

Small habits for a steadier mind

Little things, done often, can make ordinary days feel easier to handle.



Talk

Share how you feel with someone you trust.



Move

A walk or a stretch counts. Pick what you enjoy.



Rest

Wind down at a regular time and give yourself a break.



Get outside

Fresh air and daylight, even for a few minutes.



Enjoy something

Make time for a hobby, a song or a good book.



Take breaks

Step away from your desk or screen during the day.