

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others whenever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!



CHRISTMAS CHALLENGE...

Do something nice for someone	Sing a Christmas song	Feed the birds	Give an old toy to a charity shop	Write someone a letter or a card	Bake some cookies or mince pies
Photograph something that makes you happy	Draw a robin	Make a Christmas decoration	Read a Christmas Story	Watch a Christmas movie	Write a letter to Santa
Make a paper chain	Tidy your bedroom	Help prepare a meal	Can you spot a Robin ?	Put some Christmas music on and dance	Be kind to somebody today
Make a Christmas wish	Make some Christmas cards	Drink some hot chocolate	Help someone in your family	Read a Christmas story to a younger child	Go for a walk with your family and look for Christmas lights