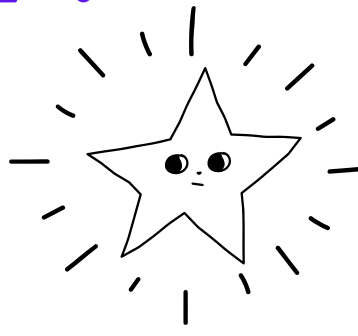


FEELING LOW? THINGS TO HELP



HEAD STRONG

TALK TO SOMEONE
YOU TRUST ABOUT
HOW YOU FEEL

JUST GETTING UP AND DRESSED CAN
MAKE YOU FEEL LIKE YOU'VE ACHIEVED
SOMETHING POSITIVE

TRY TO FIND 3 GOOD
THINGS IN EACH DAY

DO THINGS YOU
ENJOY

EAT WELL- YUP SWAP
SUGAR/FAT FOR HEALTHY
FOODS

GRAB AN AWE MOMENT TO
FOCUS ON THE BIGGER WORLD-
CATCH A SUNRISE, WATCH
CLOUDS

AVOID ALCOHOL AND
REDUCE CAFFEINE



CREATE A SELF-CARE BOX
FULL OF THINGS YOU CAN
DO WHEN YOU FEEL LOW

TRY A WEIGHTED
BLANKET FOR COMFORT
AND SLEEPING

GO AND SEE YOUR
GP- THIS CAN
REALLY HELP

MAKE TIME TO CARE FOR
YOURSELF- TAKE A BATH
OR MAKE TIME TO RELAX

FOLLOW @BEHEADSTRONG
FOR MORE IDEAS