

Mental Health AWARENESS

Take Breaks

A few minutes can be enough to de-stress you. Give yourself some 'me time'.



Connect

Keep the lines of communication open, it's good for you to catch up with your loved ones.



Do What You Love

Doing an activity you enjoy and achieving something boosts your self-esteem.



Be Active

Being active helps to reduce stress, increases energy levels, can make you be more alert and help you sleep better.