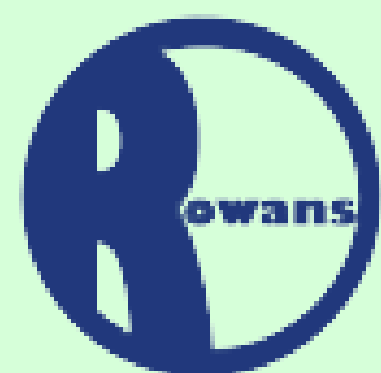


4 WAYS TO TAKE CARE OF YOUR MENTAL HEALTH



NUMBER 1 manage emotions

Create a 'good mood' playlist

Try using music to help boost your mood. Listening to music releases endorphins in the brain which can help put us in a positive mood!

NUMBER 2 express yourself

Write a letter to your future self

Share your own words of wisdom with yourself! Doing something creative and personal to you is a great way to inspire, comfort and make yourself laugh right now and in the future too.

NUMBER 3 connect with others

Share advice with others

Share your experience to help others and feel good about yourself too.

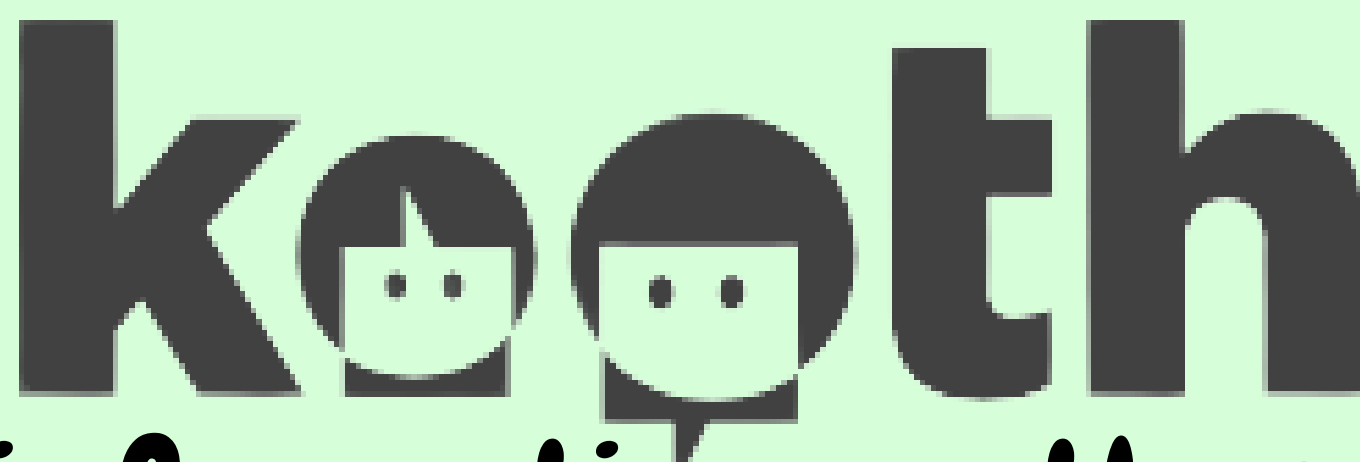
Sharing may help others feel less alone and could boost your confidence too.

NUMBER 4 helpful habits

Improve your bedtime routine

Turn off your screens and relax without technology for a better night's sleep.

Practice these steps at least half an hour before you go to bed to help you feel ready for sleep.



For more information on these wellbeing activities visit www.kooth.com