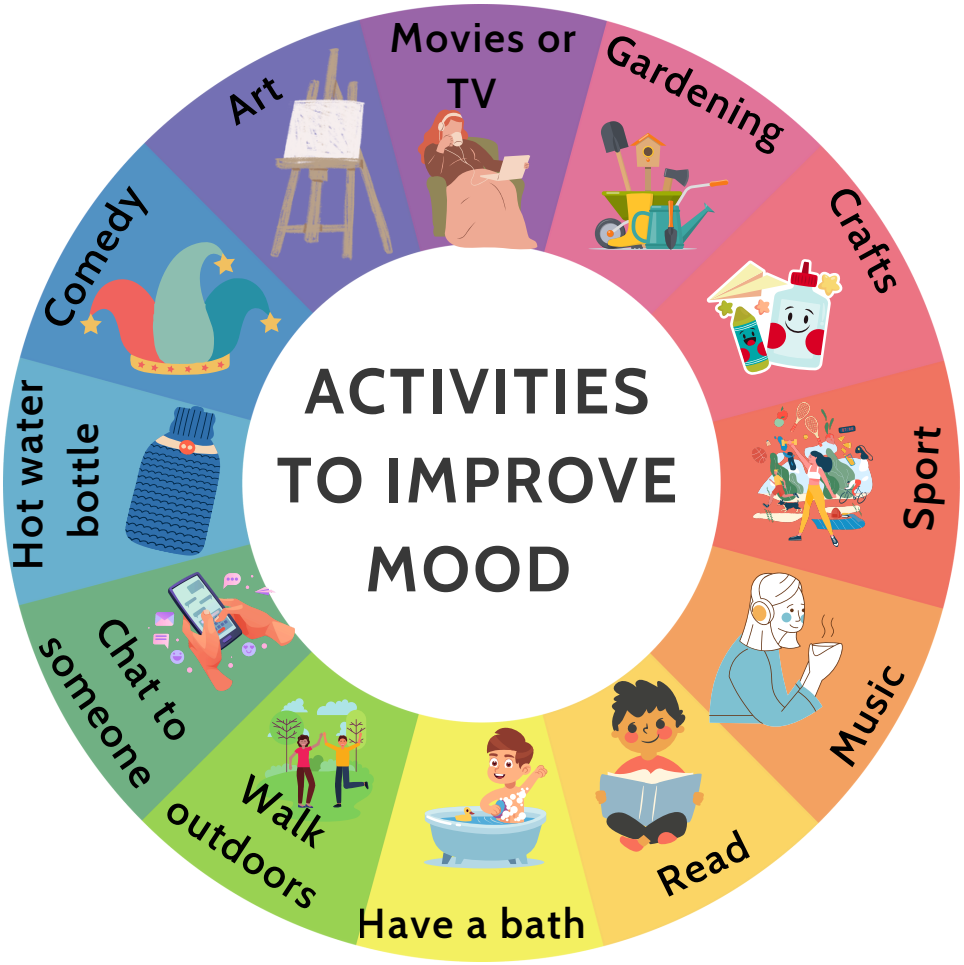
EMOTIONAL HEALTH

ACTIVITIES CAN IMPROVE OUR MOOD

- Improving what we eat and being active can improve our mood
- Doing the things we love also makes us feel good
- Some activities stimulate us and others are soothing. Try to have some of both!



SELF CARE

The Anna Freud charity has a list of self care activities.
Click here or scan

Click or scan for NHS Better health, Youth mental Health, well being tips.
Try the Mind Plan quiz