**WHAT ELSE CAN I DO TO IMPROVE MY OVERALL MENTAL HEALTH?**

Good mental health helps us to achieve balance and cope with stressful times.

**BUILD CONFIDENCE** identify your abilities and weaknesses together, accept them build on them and do the best with what you have.

**EAT RIGHT, KEEP FIT** a balanced diet, exercise and rest can help you to reduce stress and enjoy life.

**MAKE TIME FOR FAMILY AND FRIENDS** these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.

**CREATE A MEANINGFUL BUDGET** financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.

**VOLUNTEER** being involved in community gives a sense of purpose and satisfaction that paid work cannot.

**MANAGE STRESS** we all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.

**FIND STRENGTH IN NUMBERS** sharing a problem with others have had similar experiences may help you find a solution and will make you feel less isolated.

**IDENTIFY AND DEAL WITH MOODS** we all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.