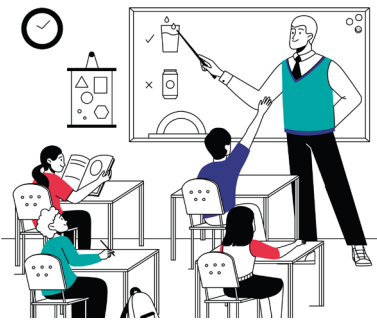




5 Top Tips for Mental Health and Wellbeing

1. Hydration

Drink plenty of water to stay hydrated, and avoid drinking coffee or sugary drinks, which can deplete your energy levels



2. Exercise

Whether it is a walk outside, a yoga class, taking the stairs or going to the gym, exercise helps us to de-stress



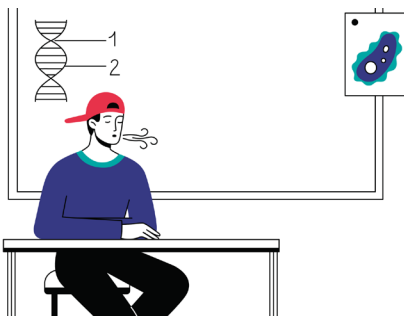
3. Take a Break

Take regular breaks from whatever task you are focusing on, especially from computer screens and your cell phone



4. Breathe

Mindful breathing can help you to relax. Try taking deep, slow breaths in through your nose and out through your mouth



5. Connect

If you are struggling with managing stress. Talk to someone who you trust whether that is a friend, family or a professional

