Self care

Mental health is the state of our mental wellbeing, it is our ability to regulate emotions and continue to function.
Therefor mental ill health is when our ability to regulate our emotions is challenged, this just means we need some support.

Ways we can support our wellbeing:

•Keep active: Even 10 minutes a day can make a massive differnce.
•Get fresh air: Even if it is standing outside for 1 minute.
•Eat well: Our brains need a mixture of nutrients to function well.
•Drink plenty of water.
•Ask for help..
•Start and end your day with something you enjoy.