Top Tips for Tip Top Mental Wellbeing

Click on each of the images below for more information

**Eat Well**

**Sleep Well**

**Be Active**

**Drink Sensibly**

**Stress Relax**

How many units in your drink?

### KNOW YOUR LIMITS

UK Chief Medical Officers recommend adults do not regularly exceed:

<table>
<thead>
<tr>
<th>Group</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>3-4 units daily</td>
</tr>
<tr>
<td>Women</td>
<td>2-3 units daily</td>
</tr>
</tbody>
</table>

**DRINK AWARE. CO.UK**

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Sign up to our [email update](mailto:bpa@bpa.org.uk)
Contact: [publichealth@havering.gov.uk](mailto:publichealth@havering.gov.uk)
www.havering.gov.uk/publichealth
See the Positives in You

Talk about your Feelings

How Do You Feel Today?

Happy  Sad  Angry
Scared  Silly  Excited
Surprised  Shy  Embarrassed

Do something you’re good at

Tips for looking after your mental health
8 – Do something you’re good at
What do you love doing?
What activities can you lose yourself in? What did you love doing in the past?
Enjoying yourself helps beat stress.

Keep in Touch

Help Others

Volunteers say that they feel better—physically / mentally / emotionally.
Volunteering helps people manage and lower stress levels.
Volunteers feel a deeper connection to communities and to others.
Volunteers are more informed health care consumers and are more engaged and involved in taking care of their health.

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