YOUR MIND MATTERS

what do you need today?

Talk about your feelings

Take a break

Keep yourself hydrated

Eat well

10 A DAY

10 ways to help balance your physical and mental health

Keep active in mind and body

Do something you enjoy and are good at

Stay connected to those you care about

Be proud of your very being

Actively care for others

Ask for help

www.normalmagic.co.uk

ARTICLE 24 - Every child has the right to the best possible health