

Looking after your mental health.

<https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>

Booklets on:-

Top ten tips for looking after your mental health

How to look after your mental health using exercise

How to overcome fear and anxiety

How to look after your mental health using mindfulness

How to look after your mental health in later life

How to sleep better

www.nhs.uk

Your mental wellbeing

- [5 steps to mental wellbeing](#)
- [Mindfulness](#)
- [Mental wellbeing audio guides](#)

Improve low mood

- [How to be happier](#)
- [Raising low self-esteem](#)

Reduce stress

- [10 stress busters](#)
- [Breathing exercise for stress](#)
- [Easy time-management tips](#)
- [How to cope with money worries](#)

