



3 Ways to Safeguard Your Mental Health

- **Check in with yourself.** Once a day, ask yourself: “Do I feel OK?” If not, think about why not, and consider what changes you could make.
- **Make time for yourself.** Aim to minimise the amount of time you spend staring at screens. Aim to maximise the amount of time you spend doing what you love.
- **Be kind to yourself.** Try to stay active, and to sleep well, eat well, and live well.

#SafeguardingWales