



Build on your **abilities**, accept your weaknesses and do the best with what you have.

## HEALTHY TOP TEN

Eat a **balanced diet** and keep fit with daily exercise.

2

Find a sense of purpose and satisfaction by **volunteering**.

4



Give **support to others**:

Offer a smile or a show of appreciation and graciously accept it if it's for you.

3

# Mental Health Boosters

5

Spend time with **family and friends** who are positive and good-natured.

6

Defeat **financial problems**:

Distinguish between wants and needs, and live on a budget.



Get in touch with your **feelings**, and find positive ways to channel negative energy.

7

Live with a healthy **work/life balance**, and then learn to be at peace with yourself.

8

Find **strength** among others who have had life experiences similar to yours.

9



10

Lighten your **load** by saying “no” to the nonessential and asking for help.