

Directorate of Mental Health

Live Well

- Mental health and physical well being are equally important in your life.
- Living well is achieved by practicing good health habits and avoiding harmful ones.
- This means taking positive control of lifestyle choices that you can influence.
- Be positive and break dangerous habits like smoking and alcohol overuse.
- Improve your physical and emotional health by exercising regularly and eating healthy food.
- Connect with people who care about you, have fun and remember to rest and reflect on your life.



Work Well

- There may be times when you feel a lack of control over the work you do, due to uncertainty, excessive demands or conflicts.
- You need to set realistic expectations and communicate your needs clearly in your work environment.
- Seek support and build up your skills in stress management.
- Remember that work is a great attribute for good health, as long as you keep it in balance with all the other demands on your life.

..... PS Don't forget to have some FUN as well!

Be Well

- Being well is thinking about the way your thoughts, feelings and behaviours affect your life.
- Good mental health leads to positive self image and in turn, satisfying relationships with other people.
- Fostering good mental health helps you make good decisions and deal with life's challenges at home and work.
 - BE willing to ask for help
 - BE conscious of your limits
 - BE ready to deal with change
 - BE aware of your needs
 - BE sure to keep a balance in your life