

Need to take time to do 'you'? Here are some ideas to help keep your mental health in positive state.



Experiment...with a new recipe, paint, or try your hand at tapestry. There are so many studies about the link between creative expression and overall well-being.



Write... your feelings down. Journaling may help you with feelings of sadness or helplessness.



Indulge...in some dark chocolate everyday. The magical combo of flavanoids, caffeine, and theobromine in chocolate is said to improve alertness and mental skills.



Send a thank you note... just because you're grateful to have that person in your life.



Break a sweat... because there's no better time to work out than when you're in need of a mood boost.



Enjoy some sunshine... open your windows, hang out in your balcony, or go for a walk. The sun is an instant mood lifter.



Laugh...at cute videos online, or call your funny friends. Laughter reduces anxiety.



Take your mind off...try your hand at colouring. We've got pages you can download.