

HOW TO PROTECT YOUR MENTAL HEALTH IN A TURBULENT WORLD

TRAUMA
TREATMENT
INTERNATIONAL



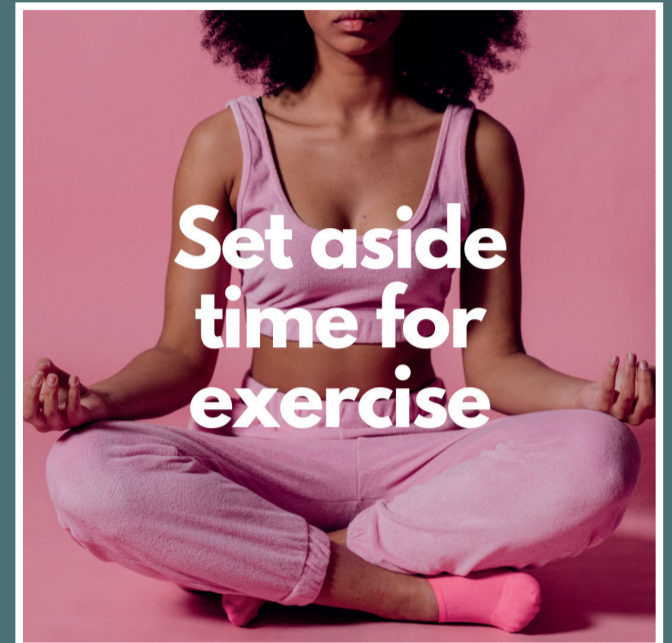
REMEMBER:
YOU ARE
WHAT
YOU EAT

When you eat well, you feel well. Eating healthily helps give you the resilience to take on life's challenges.



Get out into
nature
every day

Stepping into nature can decrease anxiety and give you the time you need to gather your thoughts.



Set aside
time for
exercise

As little as five minutes' exercise a day can make you feel calmer. A brisk walk is a great start.



Spend time with
people who make you
happy

Being with loved ones gives us a huge mood boost. And hugging releases feel-good endorphins!



If you're overwhelmed by the news, take a break. You don't have to keep informed to your own detriment.



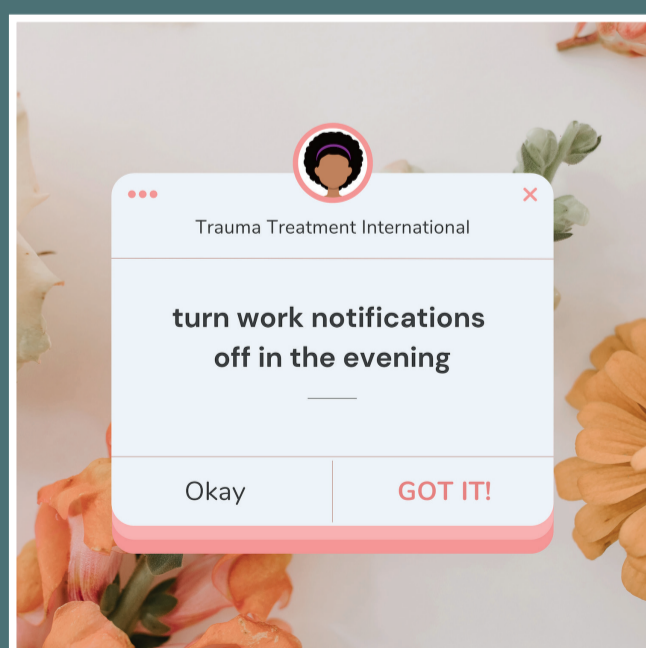
TAKE TIME FOR
YOURSELF

Do something just for you once a day, like having a quiet coffee, reading a book or taking a bath.



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Make nice
PLANS

Have something to look forward to in the diary. Book a holiday, arrange a meal out or plan a theatre trip.



Checking your emails in the evening stops you relaxing. Take away the temptation after working hours.



Prioritise
sleep

Sleep is of vital importance. Try to keep to a regular sleep schedule, and don't take your phone to bed.