

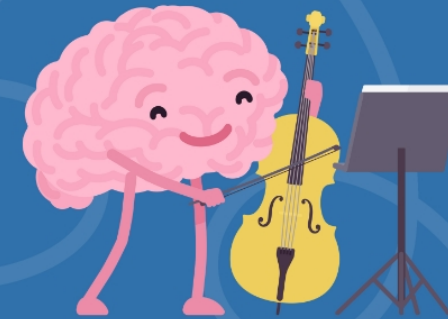
How to stay mentally fit!



#EqualityMatters
Created by Gail Toms 2023



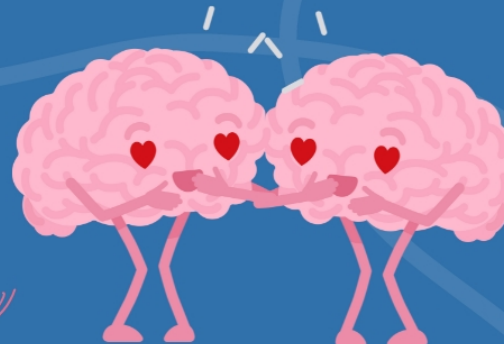
Prioritise Sleep



Nourish Your Body and Mind



Stay Physically Active:



Connect with Others



Practice Mindfulness and Meditation



Limit Stressors and Practice Stress Management

