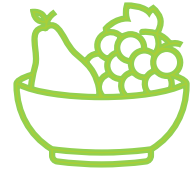




Maintaining positive mental health



Taking regular exercise



Eating healthy



Regular sleep pattern



Connecting with others



Take up a hobby



Learning a new skill



Taking time for themselves



Maintaining healthy work-life balance



Speaking to a trusted friend/family/tutor/colleague before feeling overwhelmed



Reducing use of alcohol/tobacco