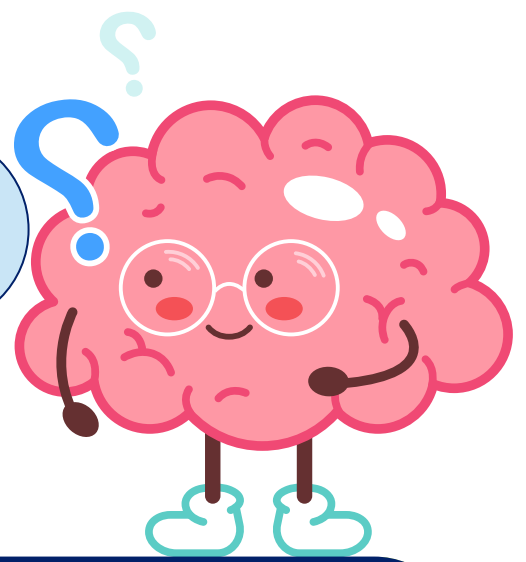


## Seek help when needed

It's important to seek help from a GP if you think you may be depressed

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## Manage stress

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.

## Diet

Choosing wholegrains and plenty of fruits and vegetables can help boost your gut microbiome – the trillions of bugs in your gut, which can directly benefit your mental health

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## Hobbies & Breaks

The key is finding an activity you can get lost in, so you can take your mind off your worries and engage in something that absorbs your focus.

## Exercise regularly

Physical activity release hormones that improve mood. Even a short walk can help you process thoughts and feelings and reduce stress.

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## Get outside

Sunlight can often help ease depression symptoms like low mood and fatigue