

Resource 2 (Activity 2)

Top 10 For Keeping Healthy

There are lots of things we can do to help ourselves to be healthy:

1. Keep physically active and eat healthily.
2. Don't drink alcohol, smoke or take other types of drugs.
3. Accept and value who you are.
4. Talk about your feelings when you want or need to.
5. Keep in touch with friends.
6. Offer care and support to others.
7. Get involved in things that you enjoy and/or are important to you.
8. Take a break when you need it.
9. Ask for help when you need it.
10. Find out what creative thing you like to do, and do it!

