Five a day for feeling mentally healthy

Walk get outside and get the sun on your face – walking and getting out in the sunlight (even if it's cloudy is good for you)

Talk spend time talking and listening to others. It's good to spend time making friends, it's good to say and hear kind things.

Plan plan your day – it's good to have a structure to your day so that you have some routine and things to look forward to. Make plans for the weekend, like meeting up with a friend, going to the park or for a swim – whatever it is you enjoy.

Laugh There's an old saying: 'laughter is the best medicine'. It's always good to have a laugh and it's even better if it's with other people or friends. Remember to have a sense of humour!

Relax Do things that help you to relax – listen to music, read a book, go for a walk, have a nice hot bath, or do yoga! Whatever works for you

*The most important thing is to find the 5 a day that works for you and keep at it everyday if you can!