



Mental health and wellbeing

Mental health is a very important part of your overall wellbeing, helping you to view life positively and feel good about yourself. There are plenty of things you can do to improve your mental health and wellbeing and they don't need to cost a fortune or take up loads of time. These include exercising regularly, eating well, getting enough sleep, spending time with friends, sharing your feelings, doing things you enjoy, learning relaxation techniques and practising mindfulness.

Take care of yourself and get the most from life!

Logon today at
www.asps.wellbeingzone.co.uk

Or create an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**