

😊 GOOD MOOD

# KEEP CALM; CHOOSE MENTAL WELL-BEING

Caring for your mental well-being is just as vital as looking after your physical health. It shapes how we think, feel, and act. Good mental well-being helps us handle stress, recognise our strengths, learn and work well.

## Pause and Reflect

Get in tune with your mental well-being with these questions:

### How are you feeling today?

Think about the emotion(s) you are feeling now. You may be feeling one or more at the same time.

### What might be causing you to feel this way?

Reflect if there's something on your mind or happening in your life that's making you feel this way.

### You may feel sad, angry or overwhelmed at times and that's okay. What can you do to feel better?

It's okay to not feel okay sometimes. There are resources out there. Try to focus on what you can do and do the things that help you feel better.

## O.K.A.Y. Tips for a Healthier Mind

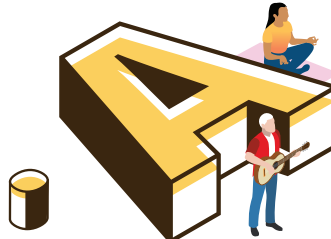


### Observe your emotions



### Keep a healthy lifestyle

Getting a good night's sleep, a balanced diet and exercising regularly



### Adopt coping skills

Practising good time management, reframing your thoughts and doing what you enjoy



### You can reach out

Staying connected, being there for others and seeking mental health support or resources



#### STEP 1

Take this Quiz  
to test your knowledge!

[for.sg/quiz-goodmood](https://for.sg/quiz-goodmood)



#### STEP 2

Visit the Health Library for  
more tips & resources.

[for.sg/ht-health-library](https://for.sg/ht-health-library)