



I keep it simple. Today I'm going to listen to my favourite podcast and tomorrow I might plant some seeds in a pot. One day at a time works for me, with no pressure.



We all have mental health, and it's okay to talk about it

We want to hear what YOU are doing to look after your mental health and promote positive well-being! Sharing your advice can help inspire others

Send us a photo + quote to be part of our #CareToShare campaign! (You can remain anonymous)

Please email us on; sfl@lanarkshirelinks.org.uk or on our social media @SFLanarkshire



I've been going for a one hour walk every day, it keeps me healthy physically and mentally.

