

10

TIPS TO STRESS LESS

10

LE WONDER
TICKET

LOOK FOR
OPPORTUNITIES
IN LIFE'S CHALLENGES

PARK
PASS

GO FOR A
WALK
WITH A FRIEND

ENJOY
THE
RIDE

FOCUS MORE
ON THINGS YOU CAN
CONTROL
↑↑↑↑↑↑↑↑

UP
MULTIPASS

ASK FOR
HELP

CARTE
BLANCHE

YOU GIVE HAVE
SOMEONE
A NICE A SMILE
COMPLIMENT

A
GOOD
TICKET
FOR
YOU

GET INVOLVED
WITH A CAUSE
YOU BELIEVE IN

WINNING
TICKET

REMI-
NISCE

ABOUT GOOD TIMES

DREAM
TICKET

GO TO
BED
EARLIER

FREE
AIR

BREATHE

VERY
IMPORTANT
PERSON

TAKE A
DANCE
CLASS

VISIT

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