



THE THINGS YOU CAN DO THAT HELP

ARE YOU...

EATING A REGULAR AND BALANCED DIET

This will assist your daily lifestyle

GETTING THE RECOMMENDED AMOUNT OF SLEEP

A good morning starts with a good night

KEEPING UP WITH ROUTINE THINGS

Ironing, housework, gardening

DOING THINGS WITH OTHER PEOPLE

Spending time with family & friends

DOING THINGS THAT GIVE YOU A BOOST

Hobbies, listening to music, having a bath

SHARING PROBLEMS WITH TRUSTED FRIENDS AND FAMILY

It can really help

FINDING OUT MORE ABOUT HOW YOU FEEL

Be your own supportive friend

LEAVING NEGATIVE THOUGHTS BEHIND

Some things are best left in the past

LONDON

150 Minorities,
London,
England
EC3N 1LS

info@
t4seducation.com

020 8176 0070

MANCHESTER

The Quays Digital
World Centre,
Salford,
Manchester,
England,
M50 3UB

manchester@
t4seducation.com

0161 6762 886

BIRMINGHAM

1st Floor,
40 St Pauls Square,
Birmingham,
England,
B3 1FQ

birmingham@
t4seducation.com

0121 817 0400

KENT

12 Magazine B,
Ordnance Yard Road,
Upnor,
Rochester,
England,
ME2 4UY

kent@
t4seducation.com

01843 264 560

CARDIFF

18 Windsor Place,
Cardiff,
Wales,
CF10 3BY

cardiff@
t4seducation.com

029 2160 2662

STEVENAGE

Co-Space,
25 Town Square
Stevenage,
Hertfordshire,
SG11BP

stevenage@
t4seducation.com

01494 341 204