



In line with this year's World Mental Health Day theme, here are 5 tips on how you can take care of yourself.

It's okay to take 5 minutes daily to look after your mental health.

Here's how ►



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1



**Connect with your family  
and friends over a call.**



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2



**Don't bottle up your feelings —  
talk to a friend or a FACE volunteer  
in the dormitory.**



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3



**When you feel  
overwhelmed, pause to do  
some breathing exercises.**



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4



**Take 5 minutes to appreciate the things or people in your life.**



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5



**Do a simple workout or  
a 5-minute stretch to  
clear your thoughts.**

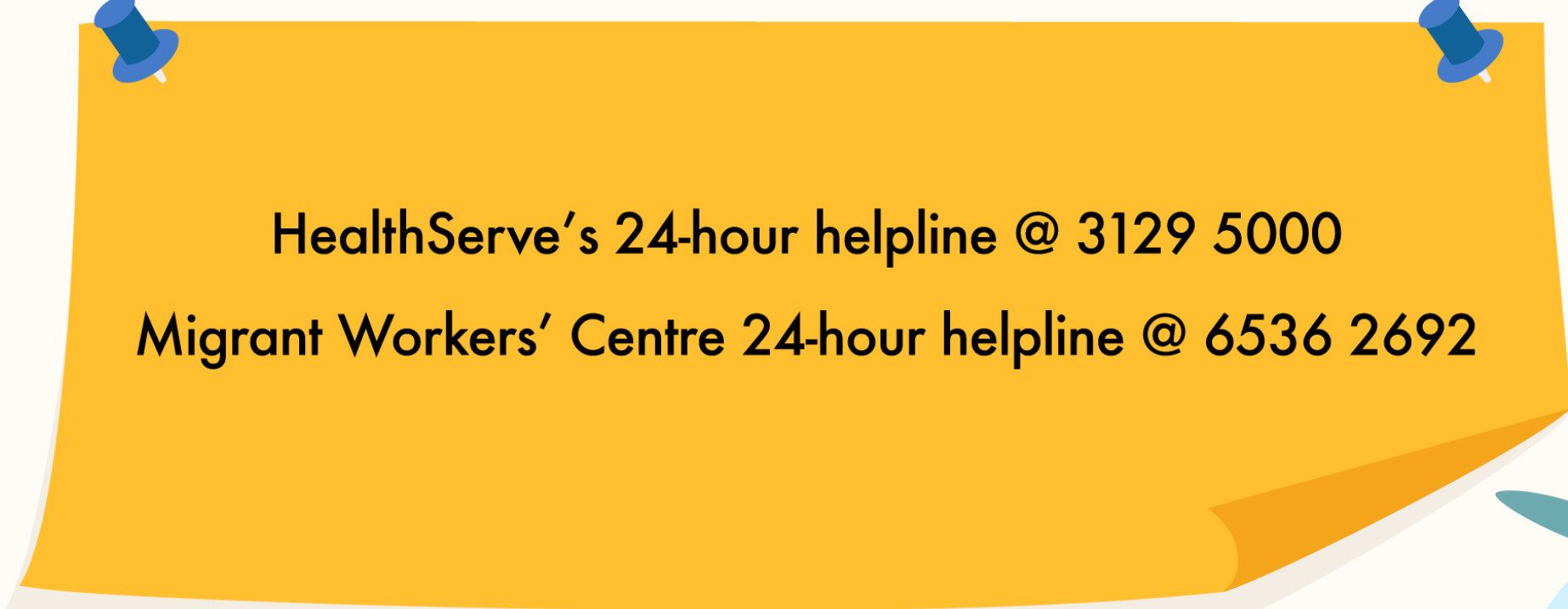


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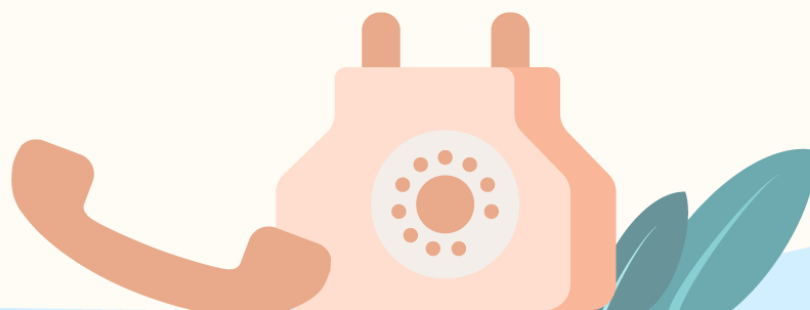


## **Remember, you are not alone through difficult times.**

- Speak to your buddy, your Peer Support Leaders, FACE volunteers, or FAST officers if you need help.
- Call the following tele-counselling helplines:



HealthServe's 24-hour helpline @ 3129 5000  
Migrant Workers' Centre 24-hour helpline @ 6536 2692



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