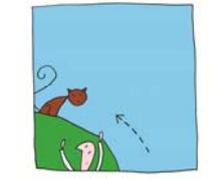
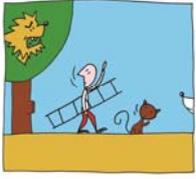
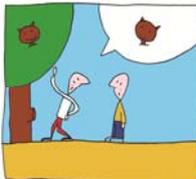
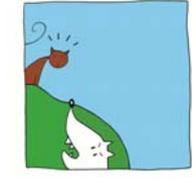


Healthy in your mind and comfortable in your own skin - 10 steps

	<p>Step 1 - Accept yourself Are you someone who feels the need for everyone to like you? Do you strive for perfection and always try to have everything under control? Those are impossible goals. There's absolutely no need for you to be perfect: no one is. You're unique and you deserve to be respected just as you are. Keep in mind that you're more than worthwhile. It's OK to be the way you are today.</p>
	<p>Step 2 - Talk about it In your mind, molehills can turn into mountains. You can find that your feelings overwhelm you and won't leave you alone. They can ruin your concentration and disrupt your night's rest. When you talk to someone, things come into focus and you get the sense that you can handle them. You get a better picture of what's going on and what you can do about it. The person you talk to can help you with this. They'll see it as a sign of strength rather than of weakness that you have the courage to talk about it.</p>
	<p>Step 3 - Exercise Do you worry yourself silly sometimes? Does it use up all your energy? Well, there's something you can do about it! Choose a physical activity that you enjoy and can do easily: cycling, walking, jogging, sports, anything. You'll automatically start to worry less, and will increase both your energy levels and your stamina. What's more, you'll feel wonderfully relaxed. Healthy fatigue also improves your sleep. Taking physical exercise can be simple: cycling to the baker's, walking to the station, using the stairs instead of the lift, going for a stroll to clear your head.</p>
	<p>Step 4 - Try something new Do you dream of learning Spanish? Or maybe you'd like to learn to tango? You don't have to be an artist to create something new: anyone can make something or master a new skill. You could re-decorate your home, arrange flowers, bake a cake, send a nice email, make someone laugh - the list is endless. Just do something or make something. Use your imagination. You'll have the sense of being alive and unique.</p>
	<p>Step 5 - Let your friends help you Unless you tell them, your friends have no way of knowing how you feel and how much you need their friendship. If you're going through a hard time, it takes more energy to reach out to your friends, but it's vital to do so. There's nothing that will strengthen you more than feeling accepted and understood by your friends. There are plenty of people you can talk to: colleagues, teammates, acquaintances, neighbours, friends. You can share something with anyone. Social contacts keep you alive.</p>

	<p>Step 6 - Dare to say no In the long term, saying no pays off: no to one glass too many, no to someone who asks you to do something you don't want to do. Only when you dare to say no can you experience yourself as someone with their own feelings and wishes. Only when you dare to say no will you receive respect. If you're able to say no, yes becomes a word that gives you real pleasure. Then you'll be able to do things in complete freedom and enjoy them again.</p>
	<p>Step 7 - Go for it Don't be scared to engage. When you throw yourself into an activity, you forget your worries for a while and gain the sense of really being alive. There are 1001 ways of engaging: watching a film, spending time with friends, trying a new recipe, helping your daughter with her homework, playing football, making love, cleaning, acting, being active in a club. Being in a group helps you to immerse yourself in an activity, and the activity itself helps you to feel part of the group.</p>
	<p>Step 8 - Dare to ask for help You can't do everything yourself. Asking for help shows that you have humility and self-knowledge. Far from being a sign of helplessness, it shows you can look after yourself. Asking for help is completely OK. You'll find out how much good it does to have someone else think things over with you. Work out for yourself what exactly you need help with and who it might be best to talk to.</p>
	<p>Step 9 - Give yourself permission to rest Do your work, your children or your parents take up all your time? That's the way to get stressed out. You end up feeling irritable and bad-tempered. Set aside regular moments just for yourself and engage in activities that help you to relax. This will help you to avoid a build-up of stress.</p>
	<p>Step 10 - Keep your head above water Are you going through a phase where nothing is going right? If so, sometimes the best you can do is to try to keep your head above water: simply live from day to day and don't be too hard on yourself. If you feel sad, have a good cry, take a break, order a cup of tea in a nice café, go into town, get a breath of fresh air or pamper yourself. As you've probably already discovered, better times always return sooner or later.</p>

(vertaling uit het Nederlands van de 10 - tips van de campagne Fit in je Hoofd)

www.fitinjehoofd.be / www.noknok.be / www.goedgevoelstoel.be / www.zilverwijzer.be