

# Look after YOU

## Focus on the good stuff

Sometimes it's hard to stop thinking about all of the things that seem to be going wrong. To help feel more in control, try to notice the small things you appreciate, focus on what goes well throughout your day and plan to do something enjoyable that helps you stay present in the moment.

Learn ways to look after you at [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

