

# PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have a positive impact on how you feel.



#littletings can make a big difference

**Talking to someone about what's troubling you can make a big difference to how you feel. Confide in someone you trust, it'll do you good. You can always call the Samaritans for a listening ear.**

We all go through tough times. When we do, little things can make a big difference to how we feel.

Keep active

Talk about how you feel

Do things with others

Eat healthily

Stay in touch

Drink less alcohol

Look out for others

Sleep well

Find the little things that work for you.