

TOP FOODS

FOR A HEALTHY BRAIN



TEA



SALMON



EGGS



FLAXSEED AND
CHIA SEEDS



CHICKEN AND
TURKEY



BERRIES



NUTS



DARK CHOCOLATE



YOGHURT
AND KEFIR



AVOCADOS



LEAFY GREENS



BANANA



√Self

GETTING TO THE ROOT
OF MENTAL WELLBEING



GRAB A TEA OR
COFFEE ON US FOR
WORLD MENTAL HEALTH DAY



√Self

GETTING TO THE ROOT
OF MENTAL WELLBEING



GET A FREE SLICE OF CAKE
AND TAKE A BREAK ON US

√Self

GETTING TO THE ROOT
OF MENTAL WELLBEING

MAKE SOMEONE'S DAY A
LITTLE BIT BETTER - HAVE A
COFFEE OR TEA ON US

√Self

GETTING TO THE ROOT
OF MENTAL WELLBEING

FANCY A TEA
AND TALK?



$\sqrt{\text{Self}}$

GETTING TO THE ROOT
OF MENTAL WELLBEING



**TAKE A BREAK AND
SWITCH OFF FOR A BIT**



$\sqrt{\text{Self}}$

GETTING TO THE ROOT
OF MENTAL WELLBEING

LET'S TALK



√Self

GETTING TO THE ROOT
OF MENTAL WELLBEING



USE OUR SPACE TO TAKE
SOME TIME FOR YOURSELF