

A photograph of two men walking away from the camera on a sandy beach. The man on the left is wearing a green t-shirt and blue shorts. The man on the right is shirtless and wearing dark shorts. They are walking towards the ocean. Three dogs are walking with them: a beagle, a black dog, and a brown dog. The background shows the ocean and a distant shoreline with some buildings.

HOW DO YOU BEAT STRESS?

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM 

Running helps. So does any sort of exercise.

Then there's singing, dancing, laughing, music, painting, writing, volunteering, helping a mate, learning something new, meditating and getting a good night's sleep.

But one thing helps more than anything.

LET'S TALK
menshealthforum.org.uk