

# HOW DO THE MEN YOU KNOW BEAT STRESS?

A photograph of two men and three dogs running along 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 running away from the camera towards the ocean. Three dogs are running with them: a tan dog, a black dog, and a brown dog. The background shows the ocean and a distant shoreline under a clear sky.

**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: TALK TO THE MEN IN YOUR LIFE**

[menshealthforum.org.uk](https://menshealthforum.org.uk)