

# MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 



# HOW DO MEN BEAT STRESS?

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](http://menshealthforum.org.uk)