



1 Try to **sleep and rest** enough.



2 As far as possible, try to **vary your diet and drink lots of water**.



3 It is important to observe good **personal hygiene**.



4 Try to **do exercise and move** around regularly.



5 **Sex is important** for a good quality of life. Enjoy it while protecting your partners and yourself.



6 It may be a good idea to take part in workshops or activities to **keep yourself active**.



7 The support of your **fellow inmates and contact with your family and friends** will help you to remain in a good state of mind.



8 Reducing or avoiding the **consumption of tobacco or other substances** could be beneficial for your health.



9 It may be a good idea to take part in workshops or activities to **keep yourself active**.