

* BACK TO SCHOOL *

Mental Health Tips

TAKE CARE OF YOURSELF

- Aim for 8-9 hours of sleep each night
- Fuel your body with healthy foods
- Exercise
- Practice mindfulness
- Drink plenty of water

BUILD RESILIENCE

- Celebrate your successes
- Connect with others
- Explore new hobbies
- Focus on your strengths
- Acknowledge your feelings
- Join clubs or groups
- Learn from your mistakes
- Develop healthy coping skills
- Spend time in nature



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SEEK SUPPORT

Share your feelings with a trusted friend, relative, counselor or teacher.

REMEMBER

It's okay to not be okay. Seek professional help if you need it. And emergency services are always available: call or text 988.

DEEP BREATHING TECHNIQUE

Sit or lie down in a relaxed position. Close your eyes. Inhale slowly, breathe in through your nose, counting to four as you do so. Hold your breath for a count of two. Exhale slowly, breathe out through your mouth, counting to six. Repeat this cycle 10 times.

