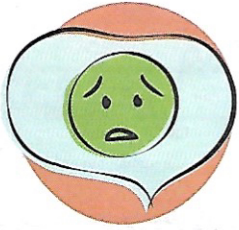




10 WAYS TO SUPPORT YOUR MENTAL WELLNESS



Share Your Feelings

Talking about things you're going through can lift a weight from your shoulders.



Practise Gratitude

Focus on people, things, and opportunities that make you feel thankful.



Challenge Thoughts

When negative thoughts pop into your head, ask yourself if they're true.



Spend Time Outside

The sights, sounds, and smells of nature can relieve stress and tension.



Ask for Help

If you're struggling, ask for help. People may not know what you're going through.



Use Positive Self-Talk

Speak to yourself as kindly as you'd talk to a friend.



Have a Growth Mindset

Be kind to yourself when you make mistakes. See slip-ups as opportunities to learn and grow.



Be Realistic

You can't control everything. Focus on things you CAN control, such as your words and actions.



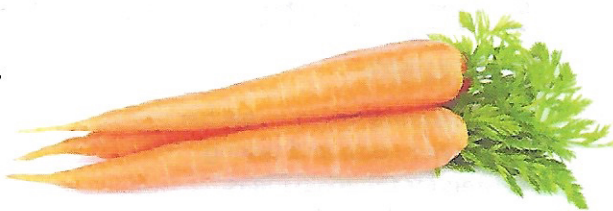
Have Healthy Habits

Eating well, exercising, and getting enough sleep are habits that benefit your mental wellness.

Take Care of YOU

To do your best, you need to feel your best. Take the quizzes below to find out how well you take care of YOU.

3 = Always 2 = Most of the time 1 = Never



HEALTHY EATING

- ☐ I have a fruit or vegetable with every meal.
- ☐ I eat a dark-green and an orange vegetable every day.
- ☐ At least half of my grains are whole grains.
- ☐ I drink water or low-fat milk.
- ☐ I eat small meals throughout the day.
- ☐ I stop eating when I feel full.

SCORE

HEALTHY HABITS

- ☐ I exercise for at least 30 minutes every day.
- ☐ I try new kinds of physical activities.
- ☐ I get 9–10 hours of sleep at night.
- ☐ I go to bed and get up at the same time every day.
- ☐ I use a nighttime routine to help me wind down.
- ☐ I stay away from alcohol, tobacco, and drugs.

SCORE

HEALTHY HYGIENE

- ☐ I brush my teeth twice a day.
- ☐ I floss my teeth every day.
- ☐ I wash my hands throughout the day.
- ☐ I shower or bathe every day.
- ☐ I cover my nose and mouth when I sneeze or cough.
- ☐ I feel confident I look my best.

SCORE

HEALTHY AND HAPPY

- ☐ I talk to others about my feelings.
- ☐ I ask for help and support when I need it.
- ☐ I treat others the way I want to be treated.
- ☐ I take breaks when I am feeling overwhelmed.
- ☐ I use coping mechanisms to reduce stress.
- ☐ I am proud of who I am!

SCORE

How did you do? If your scores are lower than you'd like, work on improving your habits and come back to try again. Aim for at least 15 on each quiz.

