

TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH

Did you know that everyone has mental health? In fact, your mental health can shift depending on how you take care of yourself and what you do throughout a day because this has a huge impact on your mental wellbeing. The following tips will help you pay attention to your mind and help you feel like you can be active in taking care of all of you.

Take A Break from Electronics

1. Maybe take a break from electronics: no television, no radio, no internet. Instead, try participating in some activities you enjoy, such as reading a book, baking with a parent or older sibling, getting outside, working on a project, or creating art. Sometimes listening to the news or reading about our world online can be very worrisome and taking this break will likely make you worry less. Remember though, worrying about life is a normal response. But, worrying too much is not good for you. You can also talk to someone you trust about your feelings if you feel that your worry is out of control.

Stay Physically Active

2. Staying physically active doesn't only help your body, it also can help your mind. You can stay physically active by getting outside and going for a hike or bike ride, or by following safe workouts online, dancing, playing sports or even just going for a walk around your neighbourhood. Being physically healthy and eating healthy go hand in hand. What you eat can impact your mental health in a big way. Try to stay away from sugar, caffeine and instead make healthy snack choices like fruit and nuts. The health of your body and mind are so important and connected and there's a lot you can do to impact the health of your body and your brain

Deal with Your Stress

3. Try to be aware of what stresses you out in your life. You can try to avoid what stresses you out the most, or if you can't, you can learn to deal with the stress. Stress is a part of life and affects people in different ways. Rather than react quickly to stress (like yelling or storming out of a room), it's good to figure out ways to respond and learn various strategies to help you cope with the stress around you."



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Quality Sleep is Important

4. Sleep. Sleep is essential to positive mental health - not only the amount of sleep you get, but the quality of your sleep is incredibly important. Try to go to bed at a regular time each day and practice good sleep habits for deeper, more restful sleep. Good sleep is important for both your mind and body. A regular sleep schedule is an important part of keeping routine, so practice good sleep strategies like having a regular bedtime, having a solid bedtime routine, like washing your face, brushing your hair, journaling, etc. We also recommend removing any electronics or distractions in the room you sleep in.

Be Mindful

5. Take a moment to notice each of your senses every day - what you see, hear, smell, feel, taste. Try to 'be' in the moment and breathe- this is called mindfulness. Try not to worry about the future and remind yourself to stay in the present. This is good for your mental health. Practicing mindfulness meditation is a wonderful way to make you feel less anxious and feel better in general. You can find a lot of examples on YouTube.

Express Your Feelings

6. Growing up can be difficult and as your world expands you may experience feelings such as frustration, anger, and sadness; it is so important to reach out to a friend or family member to talk with if your feelings become overwhelming. Although growing up can be really hard some days, there is no reason you have to suffer. Please remember that you are not alone!

Have Alone Time

7. If you're surrounded by people all the time, it is totally ok and healthy to find some alone time. You may need time to simply calm yourself from your many daily activities. There is no reason to feel guilty about taking time to be alone, as we all need time to relax by ourselves. Take this time to close your eyes, read a book, or listen to music or podcasts.



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Be Understanding

8. If you live with someone who worries way too much or is really bummed out all the time, it's important not to criticize someone who is very worried or sad. Remember how you feel when you're worried or sad about something. Usually, you would want someone to listen to you and understand what you're saying. Your family member or friend likely needs that, so tell a parent or someone you trust about your concerns.

It Will Get Better

9. If you're having a hard day, remember, it will come to an end. You may need to remind yourself occasionally that time will continue to move and you'll get through what you need to get through, especially these days when it's so easy to get caught up in the negative things. As the saying goes, this too shall pass, even though it may not always feel like it. Keep your head up, and know this is a temporary reality that you can work through with your loved ones.

