

10 WAYS TO BUILD BETTER MENTAL HEALTH

1. SPEND TIME DOING SOMETHING YOU LOVE

- Make time for your favorite hobbies

2. TAKE CARE OF YOUR BODY

- Eat healthy meals, drink water, exercise & sleep

3. HANG OUT WITH GOOD PEOPLE

- Friends & family

4. HELP OTHERS

- At home & school

5. LEARN HOW TO DEAL WITH STRESS

- Use the Wellness Center, learn breathing & coping skills

6. QUIET YOUR MIND

- Yoga & meditation

7. SET GOALS

- How do you want to better yourself?

8. TRY SOMETHING NEW

- Try a new sport, food, book, etc.

9. AVOID ALCOHOL AND DRUGS

- It's up to me to be drug free

10. ASK FOR HELP

- Parents, teachers & counselors

