How to Take Care of Your Mental Health

- **Lose yourself in what you love.** Do activities that interest you make you feel happy – Reading? Basketball? Dancing? Art? Cooking? Music?

- **Celebrate what makes you special** – Kindness? Humor? Loving? Persistence? Creative?

- **Talk about it.** Share your feelings with a friend or parent – it feels good to talk about feelings.

- **Think positive.** Positive emotions like joy, contentment, and gratitude help build our emotional resources and have a lasting effect on our mental health.

- **Keep stress in check.** Deep breathing. One minute meditations.

- **Find ways to bounce back** following a challenge. Learning how to cope with challenges is an important part of mental health.

- **Connect with people.** Strong personal relationships provide love, support and a sense of belonging.

- **Be active.** Being active can help make us feel happier. Go for a walk, dance, run, play a sport.

- **Give to others.** Doing things for others is linked to happiness. Thank someone, smile, do something nice for a friend, volunteer.

- **Get enough sleep and eat healthy.** Taking care of our physical health helps our mental health.

- **Do something silly!** Remember to have fun!