

# Tips to Manage Mental Health

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**1**

**EXERCISE REGULARLY**

**2**

**SPEND TIME WITH PEOPLE  
YOU LOVE AND TRUST**

**3**

**SLEEP, EAT, AND  
HYDRATE WELL**

**4**

**DO SOMETHING YOU  
ENJOY**

**5**

**ITS NEVER TOO EARLY TO  
SEEK HELP AND SUPPORT  
FROM TRUSTED ADULTS**