

WE ALL HAVE GOOD DAYS AND BAD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being



✓ Spend time
in nature



✓ Stay
hydrated



✓ Get
enough sleep



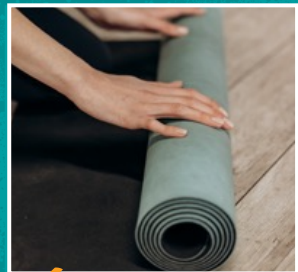
✓ Exercise



✓ Connect
with others



✓ Eat
healthy food



✓ Do yoga



✓ Practice
gratitude

**Mental health is just as important as physical health.
Just because you can't see it doesn't mean it's not there.**

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or feel bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.



MENTAL HEALTH RESOURCES

School Contact:

Crisis Text Line:
Text **"TALK"** to **741741**
Suicide & Crisis Lifeline:

Call/text 988
or chat at 988lifeline.org/chat

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