

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

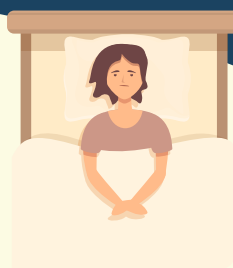
## *Practical coping strategies for everyday well-being*



**Spend time in nature**



**Stay Hydrated**



**Get a good night's sleep**



**Exercise**



**Connect with others**



**Eat Healthy**



**Yoga/Meditate**



**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 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 Support Resources*

- CONTACT YOUR SCHOOL COUNSELOR: (SCAN QR CODE)
- TEXT THE CRISIS LINE: TEXT TALK TO 741741
- CALL THE SUICIDE & CRISIS LIFELINE TO TALK TO SOMEONE: 988

