

Tips to reduce stress

It's impossible to avoid stress completely, but developing healthy coping strategies will help you manage—and reduce—the stress in your life.

Confront your stressors

Make a list of the things that cause you to feel stressed and make a plan to deal with each one. Having a plan will help you feel more empowered and less overwhelmed.

Get enough sleep

The amount of sleep you get affects your mood and your ability to tackle problems. Never sacrifice sleep to get everything done.

Learn to say no

Sometimes simply having a lot to do—even things you enjoy and want to do—can cause you stress. Know that it's okay to turn down requests and invitations.

Be grateful

Taking small moments every day to be grateful can reduce stress and improve your overall well-being.

Practice mindfulness

Mindfulness is simply making the effort to notice things that you wouldn't normally pay attention to. Throughout the day, try to be fully present and to focus on the "now."

For some calming techniques,
watch this short video.



Reducing stress

Here are some more ways to reduce stress.

If it's out of your control, let it go

If you are stressed over things you can't change, let those worries go completely.

Get active

Moving your body is a very effective stress reliever. Shoot some hoops, do yoga, or just go for a long walk.

Relax/meditate

Close your eyes, imagine a relaxing scene, and breathe deeply. Breathe in, count to four, exhale. Repeat.

Take time for yourself

Do whatever has made you feel calm and relaxed in the past. For example, spend time in nature, play with a pet, or take a hot bath.

Write in a journal

Writing down your thoughts and emotions, including what's causing you stress, can be a good way to work through your feelings.

Get support

Confide in others when you're feeling stressed. It's much healthier to share your concerns than it is to go it alone.

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Managing Stress



Information and
tips to help you
reduce stress
and care for your
mental health

Managing Stress

There are many mental health issues that cause people to feel less than their best; however, one of the most common is stress. Relationship issues, school pressures, social media, problems at home—these are just a few of the things causing stress for young people today.

We all experience stress from time to time—it's a normal part of life. However, if you have a lot of stress or don't know how to manage your stress effectively, it can interfere with your day-to-day life.

This pamphlet will explain what stress is and how it can affect your mind and body. It will also provide tips on what you can do to manage the stress in your life before it gets out of control.

Sometimes the most important thing you can do when you're under a lot of stress is to ask for help. Talk to your parent or counselor let them know what's going on.

What is stress?

Stress is your body's reaction to change, demands, and/or difficult situations. These reactions can be both physical and mental.

Are you stressed?

How do you know if you're experiencing normal levels of stress—or something more serious? Answer the following questions to find out whether you could be dealing with more than just everyday stress.

- | | Yes | No |
|---|--------------------------|--------------------------|
| ▶ Do you often feel overwhelmed? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you have a hard time relaxing? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you often feel frustrated, nervous, or angry? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you get a lot of headaches and/or stomachaches? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you often have trouble sleeping? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you eat too much or too little? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you feel dread or panic when thinking about everything you need to do? | <input type="checkbox"/> | <input type="checkbox"/> |

How many did you check "Yes?" _____

Each of the above questions can be an indicator of stress. If you answered "yes" to more than a couple, stress may be a problem for you. Keep reading for more information—and for some ideas on how you can reduce and manage the stress in your life.

How can stress affect you?

Stress can impact all parts of your life, including your physical and mental health, your behavior, and your ability to think clearly.

Here are a few of the symptoms people can experience when dealing with a lot of stress.

Physical symptoms

When stress is becoming overwhelming, your body will give you clues that it's time to address it. These can include:

- ▶ headaches/upset stomach.
- ▶ rapid heartbeat.
- ▶ chest pain and discomfort.
- ▶ more frequent illness.
- ▶ disrupted sleep.
- ▶ cold and clammy hands and feet.

Emotional symptoms

High levels of stress can also cause problems with your mental and emotional health, including:

- ▶ forgetfulness and trouble focusing.
- ▶ difficulty relaxing.
- ▶ feeling like you're losing control.
- ▶ agitation, moodiness, and frustration.
- ▶ an inability to "quiet" your thoughts.
- ▶ worrying.

If you are dealing with symptoms such as the ones listed above, or you'd just like to be better at handling the stress you sometimes have, read on for some simple ways to manage stress and get more enjoyment out of life.

Step 3: Cope with stress

When you find yourself feeling overwhelmed and stressed, having a toolbox of healthy coping strategies will help keep these feelings under control.

Confront your stressors

Make a list of the things that cause you to feel stressed and make a plan to deal with each one. Having a plan will help you feel more empowered and less overwhelmed.

Take care of mind and body

Get plenty of sleep, eat healthy, and exercise. (Physical activity is a great way to reduce stress.)

If it's beyond your control, let it go

If you are stressed over things you can't change, let those worries go completely.

Take time for yourself

Do whatever has made you feel calm and relaxed in the past—going for a walk, listening to music, reading a book.

Try progressive muscle relaxation

Tense and then relax each muscle group in your body, starting with your toes and working your way up.

Practice mindfulness

Mindfulness is simply making the effort to notice things you wouldn't normally pay attention to. Throughout the day, remind yourself to be fully present and to focus on the "now."

Step 4: Stay calm

Feeling calm is essential to your overall well-being. Here are some ways to promote a sense of calm.

Practice deep breathing

Inhale deeply through your nose, hold for a few seconds, and then exhale slowly through your mouth. Repeat this several times. *Deep breathing is the best way to calm down quickly.*

Spend time in nature

Whether it's a walk in a park or sitting on a beach, being in nature can have a calming effect.

Limit stimulants

Beverages like coffee and energy drinks can increase your heart rate and make you feel anxious. Reduce or eliminate these substances, especially in the hours leading up to bedtime.

Get support

Confide in others when you're feeling overwhelmed. It's much healthier to share your thoughts and concerns than it is to go it alone.

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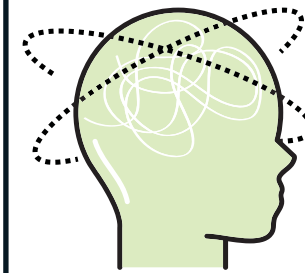
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Feeling
Less
Overwhelmed



Tips and advice
to help you feel
more in control
and care for your
mental health

Feeling Less Overwhelmed

Step 1: Get organized

Being organized helps your day run more smoothly. When you're organized, you feel less stressed and more in control of your life.

Use a planner

Take a planner to every class and use it to record homework assignments, tests, quizzes, and special events.

Large assignment and projects can be overwhelming. Use your planner to break them down into more manageable parts.

Have a system

It's important that you have systems for organizing all of your things—both at school and at home. Disorganization and clutter only increase stress and anxiety.

Develop routines

Routines decrease stress and help your day run more smoothly. Have a morning routine that gets your day off to a calm and stress-free start, and a nighttime routine that includes getting everything ready for the next day.

Create to-do lists

If you have a lot to do, create a to-do list. Prioritize the items on the list to ensure that the most important things get done. Focus on one task at a time and give yourself permission to be okay with not completing every task every day. Simply move unfinished tasks to the next day.

Step 2: Work on your time management

How you use the time you have is time management. When you use your time well, you have time for the things you need to do *and* for the things you want to do.

Look for wasted chunks of time

Think about how you can use these times more effectively. For example, you could review your class notes or get started on homework while you're waiting for a ride.

Don't overextend yourself

If you never seem to have enough time, identify activities you can eliminate, shorten, or postpone. Never sacrifice sleep, exercise, or your mental health to get it all done. Become comfortable with saying "no."

Set aside time to relax

It's important to regularly relax and recharge your batteries. Block out time each day for rest and relaxation.

Don't procrastinate

Procrastinating wastes time and energy and increases feelings of stress and anxiety. Try to identify the underlying reasons for your procrastination. It could be fear of failure, lack of interest, feeling overwhelmed, or the desire to always be perfect. Understanding why you procrastinate can help you address it.

Do you ever feel like you've got more going on in your life than you can handle? If so, you're not alone. Everyone feels overwhelmed at times.

From homework to family obligations to extracurricular and social activities, students have a lot on their plates these days. It can be easy to feel like you have more to do than you have time for.

Unfortunately, it's difficult to completely avoid feeling overwhelmed from time to time. The good news is that there are strategies you can use to feel this way less often.

This pamphlet will give you some tips and ideas on what you can do to feel less stressed, less overwhelmed, and more on top of things.

Sometimes the most important thing you can do when you're feeling overwhelmed is to ask for help. Talk to your parent or counselor and let them know how you're feeling.

Your counselor is a great resource for any problem. Watch this video for more.



VIDEO

Calming techniques

Practice gratitude

Learn to appreciate the little things, like having good weather on a day you're spending outside, your favorite song coming up on shuffle, or a pet doing something cute.

Take a technology break

The need to check social media, respond to texts, and keep up on chats can be stressful. Give yourself time away from your devices, especially right before bed.

Have routines

Routines help your days run more smoothly—and during times that feel chaotic, they can help you feel like you're more in control. Be sure to include activities you enjoy in your daily routines.

Take care of your body

- ▶ **Exercise.** Physical activity such as walking, jogging, or yoga can help release tension and boost endorphins, promoting a sense of calm.
- ▶ **Eat a balanced and nutritious diet.** Having a healthy diet improves your mood and your mental health.
- ▶ **Ensure you get enough restful sleep.** Establish a bedtime routine and create a comfortable sleep environment. Students your age should be getting 8–10 hours of sleep each night.

Grounding techniques

Grounding techniques are simple ways to refocus your attention whenever you need to center yourself quickly.

Touch items near you

Run your fingers along the surface of your desk, or touch something you're wearing. In your mind, try to describe the way it feels. Is it smooth? Soft? Rough? Fuzzy? Think of as many descriptors as you can.

Try the 5-4-3-2-1 technique

Using the guidelines below, tune in to your senses and mentally make a list of the things you notice around you. Be as specific and descriptive as possible.

- ▶ 5 things you can see
- ▶ 4 things you can feel
- ▶ 3 things you can hear
- ▶ 2 things you can smell
- ▶ 1 thing you can taste

It may take some experimentation to find the techniques that work best for you, but stick with it. Incorporating a combination of these strategies into your life and routine will help you have a more calm and balanced mindset.

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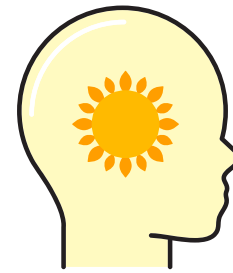
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Feeling Calm



**Information
and tips to help
you feel calm
and care for your
mental health**

Feeling Calm

No one feels calm and relaxed all of the time. School can be overwhelming, people can be annoying, and life gets stressful.

While you can't control everything that happens in your life, you can control how you react to the challenges you face.

When you feel stressed, anxious, or angry, having a toolbox of calming and grounding techniques to help you relax is crucial.

This pamphlet will give you some techniques to help you feel more calm. Some of these techniques will help you calm down when you're stressed. Others can be integrated into your daily routine to help you prevent stress. Find and use the ones that work for you!

Sometimes the most important thing you can do when you're feeling upset, angry, or overwhelmed is to ask for help. Talk to your parent or counselor and let them know what's going on.

Calming techniques

Feeling calm is essential to your overall well-being. It also helps you be more successful in school, in your relationships, and in life. Here are some ways to increase your sense of calm.

Practice deep breathing

Practice deep, slow breathing. Inhale deeply through your nose, hold for a few seconds, and then exhale slowly through your mouth. Repeat this several times.

Deep breathing is the best way to calm down quickly.

Challenge negative thoughts

Question a stressful thought by asking, "Is this likely to happen?" or thinking, "Even if it happens, I can handle it."

Try progressive muscle relaxation

Tense and then relax each muscle group in your body, starting with your toes and working your way up. This can help release physical tension.

Listen to music

If you aren't able to listen to music to help you calm down, try singing a favorite song in your head while taking deep breaths.

Limit stimulants

Beverages like coffee and energy drinks can increase your heart rate and make you feel anxious. Reduce or eliminate these substances, especially in the hours leading up to bedtime.

Spend time in nature

Whether it's a walk in the woods or sitting on a beach, being in nature can have a calming effect.

Keep a centering object

A centering object is any object (a stone, stress ball, necklace) that you can turn your attention to when you want to feel calm.

Have social connections

Spend time with friends and family. Positive social interactions can provide emotional support and reduce stress.

Try journaling

Write down your thoughts and feelings in a journal. This can help you process emotions and gain perspective. Integrating journaling into your daily routine can provide perspective and help you feel more calm and grounded.

Try aromatherapy

Use essential oils or scented candles with calming scents like lavender or chamomile.

Practice mindfulness

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout the day, remind yourself to be fully present and to focus on the "now."

For more information on mindfulness, check out this short video.



Cyberbullying

One of the most serious ways social media and technology impact mental health is through the effects of cyberbullying.

If you are the target of a cyberbully, here are some things you can do.

- ▶ Immediately block and/or delete the cyberbully's social media profiles, phone number, and email address.
- ▶ Don't respond or retaliate. Ignore it. Cyberbullies who don't get a reaction often get bored and quit.
- ▶ Tell a parent or an adult you trust. Tell your friends. *Don't let anyone bully you into silence!*
- ▶ Save and print all messages or posts. Keep a record of where and when the harassment happens.
- ▶ If you are being threatened, it's serious. School officials should be informed—and you may want to consider involving law enforcement or taking legal action.

Most importantly, don't let a cyberbully get you down. Talk to your parents and friends about what's happening, stay busy with activities you enjoy, and focus on the positive things in your life!

Be tech smart

Here are some tips to ensure you're using technology and social media responsibly and mindfully.

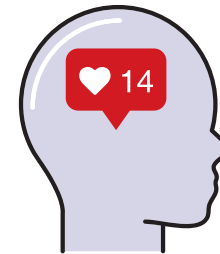
- ▶ Put your phone away during dinner, homework, family time, and whenever you're interacting with others.
- ▶ To help you get a good night's sleep, turn off all devices an hour before you go to bed and put your phone in another room to charge.
- ▶ Leave all of your devices at home and spend some time outside. Take a walk or go for a hike. Shoot hoops or read a book in the park. Enjoy life for a while without the ringing or buzzing of a phone.
- ▶ There are apps that can help you curb your phone use by blocking distractions, tracking your phone usage, or even locking your phone for a set amount of time. Examples include Freedom, OffScreen, and ScreenZen.

If you make the choice every day to value people, relationships, experiences, and health more than the temporary distraction of technology, then you'll know what it feels like to lead a fulfilling life.

Even just witnessing cyberbullying and negativity online can affect your mental health. Report any cyberbullying you witness and try to spread positivity and support online whenever you can.

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Understanding Social Media & Mental Health



**Information
and tips to
help you enjoy
social media
and care for your
mental health**

Understanding Social Media & Mental Health

Social media helps you stay in contact with others. It also provides endless hours of entertainment. While social media can add a lot to your life, it can also negatively affect your mental health.

Whether it's becoming addicted to using technology, comparing oneself to others, or being a victim of cyberbullying, social media has been shown to have some definite negative effects on the mental health of today's young people.

This pamphlet will talk about how social media might negatively affect your mental health. It will also show you how you can enjoy using social media while also caring for your mental well-being.

Sometimes the most important thing you can do when social media is causing a problem for you is to ask for help. Talk to your parent or counselor and let them know what's going on.

Tech addiction

Social media apps are designed to make you want to stay engaged—and to feel like you're missing out if you aren't continuously checking to see what's new.

Are you addicted to technology?

Answer the questions in this survey to reflect on how technology is affecting your life.

- | | Yes | No |
|--|--------------------------|--------------------------|
| ▶ Do you check your phone every few minutes? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you get angry or anxious if you can't use your devices? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you use your phone while others are talking to you? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you check the same apps over and over again? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you use your phone when you're not supposed to? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you stay up too late using technology? | <input type="checkbox"/> | <input type="checkbox"/> |

How many did you check "Yes?" _____

Each of the above questions can be an indicator of tech addiction. If you answered "yes" to more than a couple, you might want to reevaluate the role technology has in your life.

If you're having a hard time cutting down on screen time, consider trying an app that does it for you. Check the app store for apps that limit screen time according to your specifications.

Comparing yourself to others

If you've ever compared yourself to others on social media and found that it causes your self-esteem to take a nosedive, you're not alone. This is common in people of all ages, but young people are especially susceptible.

Fear of missing out

Everyone puts their best selves on social media. Sometimes, this can make you feel like your life doesn't compare, and that everyone is having a fun, exciting life except you.

Don't compare your everyday life to someone else's highlight reel. Remember, most people aren't posting their boring or bad days. They are only posting snippets of their best days.

The impact of editing

Filters and photo editing software are getting easier to use and less detectable. Influencers and everyday people often post filtered and/or edited photos and videos that make them look better online than they actually do in real life. This can make it hard for people who view these images to be happy with their own appearance.

Be skeptical of everything you see on social media, and remember that it's very easy for others to misrepresent information and to alter physical appearances.

For some tips on improving your self-esteem (so you're less impacted by what you see on social media), watch this video.



VIDEO

Managing anxiety

Try the following coping and relaxation strategies to help manage your anxiety.

Take deep breaths

Close your eyes and relax all of your muscles. Take a deep cleansing breath, slowly count to four, and then slowly release your breath, blowing away the anxiety and stress. Repeat.

Practice mindfulness

Notice things you don't normally pay attention to. Be aware of the sights, sounds, smells, and textures around you. Throughout the day, remind yourself to be fully present, and to focus on the "now."

Get plenty of sleep

Getting adequate sleep is extremely important. Unplug and relax an hour before bedtime by reading a book or taking a bath.

Visualize

Close your eyes and imagine a relaxing scene. Even better, pair visualization with deep breathing.

Exercise

Physical activity reduces stress and releases chemicals that make you feel better. Ride a bike, do yoga, shoot hoops, or take a walk.

Try guided meditation

With guided meditation, a voice helps you relax your body and focus your thoughts. Guided meditations are available on most streaming services and also on apps such as Meditation Studio and Calm.

Panic attacks

Those suffering from anxiety can sometimes experience panic attacks. A panic attack is a sudden feeling of severe fear and distress. Panic attacks can be very scary.

Symptoms of panic attacks

- ▶ sudden and intense fear
- ▶ rapid heartbeat, sweating
- ▶ trembling or shaking
- ▶ shortness of breath, chest pains
- ▶ nausea and/or dizziness
- ▶ fear of dying or having a heart attack

What to do

- ▶ **Get somewhere safe.** If you are in a crowded public place, go somewhere safe and quiet.
- ▶ **Take deep breaths** until your breathing becomes regular and your heart rate slows.
- ▶ **Use grounding techniques** to connect with the present moment. For example, mentally describe your surroundings in detail, touch or hold an object, or focus on the sensation of your feet on the ground.
- ▶ **Get help.** If you have a hard time calming yourself down, get support from a parent or other trusted adult.

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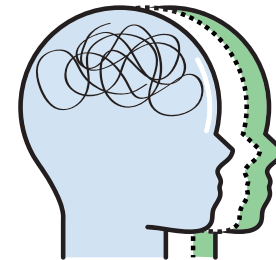
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Coping with Anxiety



Information and tips to help you manage anxiety and care for your mental health

Coping with Anxiety

Occasional anxiety is a part of life. It's a natural reaction to events or situations that are frightening or stressful.

The start of a new school year, an important test, or waiting to hear if you made the team—all of these things can make you feel nervous and anxious.

When we feel anxious, our bodies often react by releasing adrenaline, which can increase our heart rate and breathing. For most people, the anxious feelings go away when the situation that caused them is over or the problem is resolved.

However, some people suffer from anxiety that is constant and persistent. It affects their well-being and interferes with their day-to-day lives.

Sometimes the most important thing you can do when you're feeling anxious is to ask for help. Talk to your parent or counselor and let them know how you're feeling.

What is anxiety?

Anxiety is characterized by intense feelings of dread, worry, and fear. People who suffer from anxiety have trouble navigating everyday situations that others seem to handle easily.

Are you overly anxious?

It can be hard to tell if the anxiety you feel is just a normal reaction to a difficult situation, or if you are overly anxious and may need help managing your anxiety. Below are some common symptoms of anxiety. Read each question and mark it **Yes** or **No**.

- | | Yes | No |
|--|--------------------------|--------------------------|
| ▶ Do you frequently feel nervous and on edge? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you have trouble sleeping? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you obsess over what has happened and/or what may happen? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you get a lot of headaches and/or stomachaches? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you have constant feelings of fear and/or dread? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Are you easily annoyed or irritated, even by minor things? | <input type="checkbox"/> | <input type="checkbox"/> |
| ▶ Do you have a hard time controlling negative thoughts? | <input type="checkbox"/> | <input type="checkbox"/> |

How many did you check "Yes?" _____

Answering "yes" to several of these questions could mean that anxiety is an issue for you. Keep reading for more information and ideas on how you can reduce and manage your anxiety.

Common types of anxiety

There are many different types of anxiety. **Generalized anxiety, social anxiety, and test anxiety** are some of the types of anxiety that young people commonly experience.

Generalized anxiety

People who suffer from generalized anxiety worry about everything—and can have trouble coping with everyday situations. Symptoms of generalized anxiety include:

- ▶ excessive feelings of worry and fear.
- ▶ difficulty sleeping and focusing.
- ▶ restlessness, irritability, and agitation.
- ▶ frequent headaches and stomachaches.

Social anxiety

Many people are shy—it's just a part of who they are. However, people who suffer from social anxiety are more than shy. They find social situations very difficult, and often have an intense fear of being ridiculed, judged, or rejected.

Test anxiety

Test anxiety is a type of performance anxiety, similar to an athlete feeling extremely nervous before a big game or an actor getting stage fright in front of a crowd. Test anxiety can be severe enough to interfere with a person's ability to perform well on tests and succeed in school.

For tips on how to deal with test anxiety, watch this video.



VIDEO

Establish routines

Routines provide structure and help reduce stress. Have a morning routine that gets your day off to a good start and a nighttime routine that helps you get to bed on time.

Help someone else

Helping others has been shown to reduce stress and improve your mental health.

Learn to say no

Set boundaries and prioritize your well-being. It's okay to say no to additional commitments if they contribute to stress.

Use positive self-talk

Replace negative thoughts with positive affirmations. Be kind to yourself.

Set realistic goals

Break down tasks into smaller, achievable goals. Celebrate your accomplishments, no matter how small.

Be tech smart

Take technology breaks and do things that don't involve your devices. Take a walk or read a book in the park. Enjoy life for a while without the ringing or buzzing of a phone.

Make the choice every day to value the people in your life, and to enjoy the experiences you have in the real world. These are the things that truly define your health and happiness.

Be mindful

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present and to focus on the "now."

Be grateful

Take note of the things you are thankful for in your everyday life. Regularly reflect on—and feel grateful for—each of them.

If you are struggling...

- ▶ **you have nothing to be ashamed of.** Don't hide how you feel because you think others will judge you. If you're feeling stuck, sad, overwhelmed, or just not yourself, your feelings are real and valid.
- ▶ **it will get better.** How you're feeling right now is temporary. Know that you *will* feel better.
- ▶ **don't go it alone.** Asking for help isn't a sign of weakness. It's a sign of strength and maturity. Talk to a parent, counselor, or doctor. To connect with an expert who can help, text HOME to 741741 to reach the Crisis Text Line, or call or text the Suicide & Crisis Lifeline at 988.

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Improving Your Mental Health



Information
and tips to help
you take care
of your mental
health

Improving Your Mental Health

It would be great if we could always feel happy, supported, and successful, but obviously this isn't possible. Things get us down, annoy us, and sometimes make us feel helpless.

While adversity is a part of life, there are things we can do to help us handle difficult situations, get more enjoyment out of life, and improve our mental health.

Whether you generally feel good and have a positive mindset or occasionally struggle with your mental health, the information in this pamphlet will help you better understand how your mental health affects your mood and well-being.

This pamphlet also provides tips on how you can deal with common issues such as stress and anxiety—and find more joy in your day-to-day life.

Sometimes the most important thing you can do when you'd like to feel better is to ask for help. Talk to your parent or counselor—you don't need to go it alone.

Why is mental health important?

While your mental health can be impacted by things you can't control, you can control how well you look after it. Here's why it's important to work on improving your mental health and well-being every day.

Mental health affects how you feel from day to day

When you're feeling calm, happy, and confident, you get more joy out of life. On the other hand, if you're feeling sad, angry, or anxious, regular day-to-day life can be a struggle.

Mental health affects your relationships

Your relationships with family, friends, and classmates are all impacted by how you feel. If you're unhappy, upset, or feeling down, building and maintaining relationships is much more difficult.

Mental health affects your success

Whether it's success in school or in your career, or achieving a goal you've set, you are more likely to succeed when you're in a good place mentally.

Just as you take care of your physical health, you also need to take care of your mental health. This means having healthy ways to deal with stress, and talking to those you trust about any problems you are having.

Improving your mental health

Improving your mental health involves adopting various strategies to support your overall well-being. Here are some ways to enhance your mental health.

Get enough sleep

The amount of sleep you get impacts your mood and your ability to tackle problems. Go to bed at a regular time each night and make sure you get at least eight hours of sleep. Never sacrifice sleep to get everything done.

Exercise

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

If it's beyond your control, let it go

If you're stressed or upset about things you can't change or control, let those worries go completely.

Have hobbies

Hobbies are a great way to unwind. Find activities you enjoy and make time for them.

Deal with stress

Practice stress-reducing techniques such as deep breathing, meditation, yoga, or progressive muscle relaxation.

For more tips on reducing stress, check out this short video.

