

10 THINGS STUDENTS CAN DO TO BOOST THEIR MENTAL HEALTH



Mind and Body

Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern



Exercise

Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety



Organisation

Manage your time effectively. Stay organised and on top of things. This will help to reduce pressure

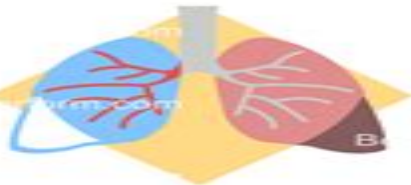


Self Care

Practice self care. Make sure to look after yourself. Relax, smile, have a bath, go for a walk and do something you enjoy

Talk to someone

Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.



Breathing

Learn how to breathe effectively. Practice a number of techniques and find what works for you: ratio breathing, deep breathing, progressive muscle relaxation



Write down

Write down how you are feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body



Challenge

Try to challenge your thinking. If you experience an unhelpful thought try and turn it into a helpful thought



Check in

Regularly check in with yourself. Monitor your emotions and mood

Problem solve

Learn how to problem solve effectively. When you experience a problem try and write down a number of solutions.



Students Guide To Mental Health Wellness

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