

STRATEGIES THAT STUDENTS CAN IMPLEMENT TO MANAGE THEIR MENTAL HEALTH



Mental health days
can be as important as
physical health days

Cultivate stress
management skills like
mindfulness, deep
breathing

Maintain a healthy
lifestyle

Establish a support
network by connecting
with friends, family, or
support groups

Practice self-care
including exercise
and healthy eating



Sharing fosters
relief and a sense
of belonging

Teaching Mental Strategies

**Robert J Wright, Garry Stanger, Ann K
Stafford, James Martland**



Teaching Mental Strategies:

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