



# Tips to Keep You Mentally Healthy

## **Build Confidence**

Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.

## **Eat Right and Keep Fit**

A healthy diet, exercise and rest can help you reduce stress and enjoy life.

## **Make Time to Hang Out**

Relationships with friends need to be nurtured or they will not be there to share good times and bad.

## **Give and Accept Support**

Relationships with family and friends thrive when “put to the test”.

## **Try Not to Waste Money**

If you spend too much on things you want and don't have enough left for things you need, you can feel quite stressed.

## **Help Out Those in Need**

Help out a friend or do something for a good cause. It gives the purpose and satisfaction that paid work cannot.

## **Manage Stress**

Learning to deal with things that stress you out will maintain your mental health.

## **Get a Good Night's Sleep**

Getting good quality sleep each night will improve mood, concentration, energy and health.

## **Find Strength in Numbers**

Sharing a problem with friends will help you find a solution and prevent you from feeling isolated.

## **Identify and Deal with Moods**

Express your feelings of anger, sadness, joy and fear in constructive ways.

## **Learn to be at Peace with Yourself**

Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

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# Facilitation Notes

## What to do with these Tips?

- Photocopy these tips and distribute to each student.
- Allow time to read through and understand, or read aloud to the class.
- After reading the tips, discuss with the students how each tip can be applied to everyday life and provide examples.

## Tips...



- Each of these tips can fall into one or more categories of Act-Belong-Commit.
- Staying mentally healthy is as easy as A-B-C: Act-Belong Commit.
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a netball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.

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