

*Messages for*  
**YOUTH**

**Our mental health is  
as important as our  
physical health**

It's Worth Talking About



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# Take care of your mind just like you take care of your body!

- ♥ Practice good sleep hygiene (get enough sleep!).
- ♥ Eat nutritious foods and exercise regularly.
- ♥ Step away from stress – when you feel under pressure, take a mental health break! Go for a walk, do some breathing exercises or a form of activity to help calm your mind.
- ♥ Take time to relax and do things you enjoy.
- ♥ Get outside and disconnect from technology.
- ♥ Hang out with friends and family.
- ♥ Reach out to talk to a support person. This can be a coach, neighbour, or even a person on an anonymous hotline.
- ♥ Be mindful that the use of substances is not a way to “fix” your thoughts or concerns.

## **Try this quick breathing technique if you are feeling stressed or anxious.**

Block your right nostril and breathe in from your left nostril for a count of four, hold for another count of four and then exhale for four counts. Continue this for three minutes. Not only will it help you feel calmer, it can also help reduce stress and improve concentration and memory.

## **Talk positively to yourself.**

How would you react if you heard a friend say, “I can’t do anything right” or “I don’t like myself?” You would probably challenge them. Your thinking will influence how you feel and behave. Challenge your own negative thoughts, change how you talk to yourself and see if it changes how you feel.

## **Don’t ignore your mental health.**

If you broke your leg, you would go to the hospital to seek help. If you had a cold you would rest and work towards feeling better. Your mind deserves the same attention! If you don’t feel right - ask for help. It’s worth talking about.