9 ways to care for mental health.

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Keep Active

Exercise helps! Try to keep moving. Take part in P.E, go for a walk, ride a bike or take up an extracurricular activity!

Take a break.

We all have lots of work to do but make sure to have small breaks to de-stress!
- Chat with friends
- Read a book
- Watch something
- Take a walk

Eat well

Make sure to eat 3 balanced meals a day and try to stay away from too much sugar!

Talk about your feelings.

Don't bottle up your feelings.
You can talk to your friends, family or even an adult at school.
If you're too nervous to do this, you can also call *Childline on 0800 1111*

Be Yourself!

Accept who you are! Don't try to be someone you're not!

You're amazing!

Get enough sleep!

Not sleeping enough can make a massive impact on your wellbeing!

Teenagers should get between **8-9 hours** a night!

Ask for help!

Make sure you keep in touch with friends and family.

Don't shut yourself away!

If you need help, don't be afraid to ask friends, family or an adult at school!

Help others!

Whether this be helping family, friends or those around school.

Helping others can make someone's day!
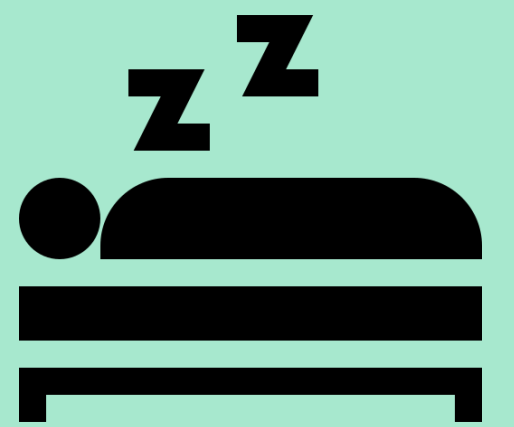
Do something you enjoy!

Make time for the things you love to do, e.g.
- Gaming
- Football
- Drawing
- Singing