

WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

Practical coping strategies for everyday well-being

Spend time in nature



Stay hydrated



Get a good night's sleep



Exercise



Connect with others



Eat healthy food



Do yoga



Practice gratitude



Mental health is just as important as physical health. Just because you can't see it doesn't mean it's not there.

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.

MENTAL HEALTH SUPPORT RESOURCES

- Contact your school counselor
- Text the **CRISIS Line**: Text "**TALK**" to **741741**
- Call the **Suicide & Crisis Lifeline** to talk to someone: **988**



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