

# 10 ways to take care of your mental health!

**do some fun  
exercise daily**

**eat food that is  
good for you**

**do some deep  
breathing**

**get enough sleep**

**use positive self  
talk**

**focus on one  
thing at a time**

**take a break from technology**

**talk to friends  
& family about your  
feelings**

**notice the  
good things that  
happen**

**do something nice for yourself**

**#Get  
the  
FACTS**

Top 3 causes of stress reported by youth:

1. school
2. thinking about the future
3. mental health

**Access the  
monthly  
Snapshots**

Top 5 things youth do when stressed, which  
makes their stress **WORSE**

1. keep to themselves
2. sleep less than usual
3. try not to think about it
4. take it out on others
5. eat more than usual

