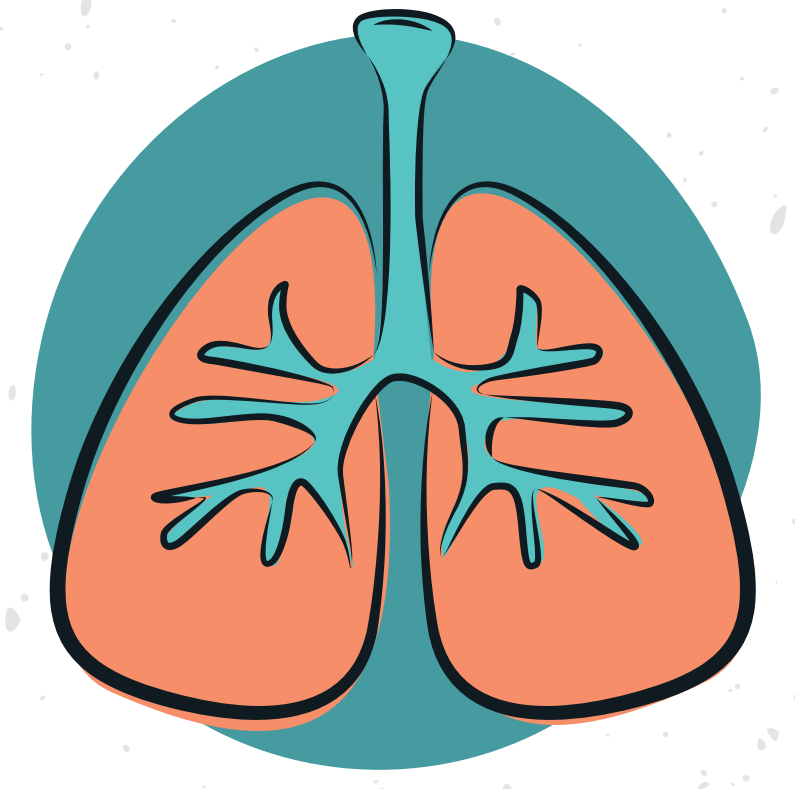


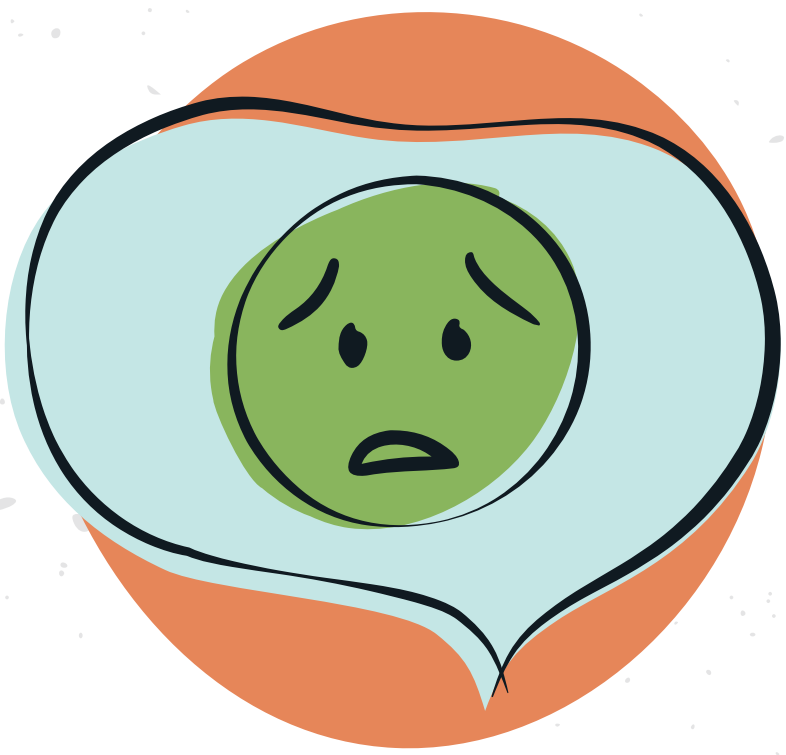


# 10 WAYS TO SUPPORT YOUR MENTAL WELLNESS



## **Breathe**

Taking deep breaths is an effective way to reduce stress, fight anxiety, and refocus thoughts.



## **Share Your Feelings**

Talking about things you're going through can lift a weight from your shoulders.



## **Practice Gratitude**

Focus on people, things, and opportunities that make you feel thankful.



## **Challenge Thoughts**

When negative thoughts pop into your head, ask yourself if they're true.



## **Spend Time Outside**

The sights, sounds, and smells of nature can relieve stress and tension.



## **Ask for Help**

If you're struggling, ask for help. People may not know what you're going through.



## **Use Positive Self-Talk**

Speak to yourself as kindly as you'd talk to a friend.



## **Have a Growth Mindset**

Be kind to yourself when you make mistakes. See slip-ups as opportunities to learn and grow.



## **Be Realistic**

You can't control everything. Focus on things you CAN control, such as thoughts and actions.



## **Have Healthy Habits**

Eating well, exercising, and getting enough sleep are habits that benefit your mental wellness.