

STOP

TIPS

TAKE A WALK

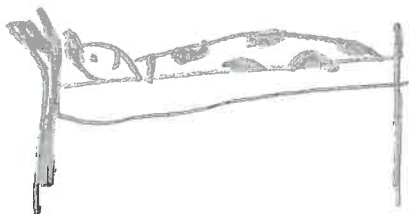
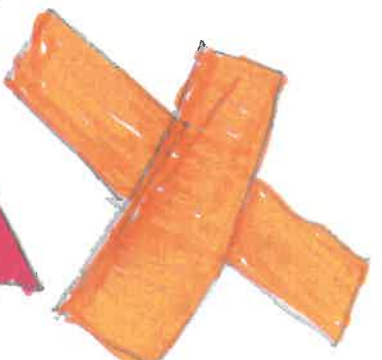


☐ Do your favourite hobby

☐ Doing Sports  

☐ Meditation  

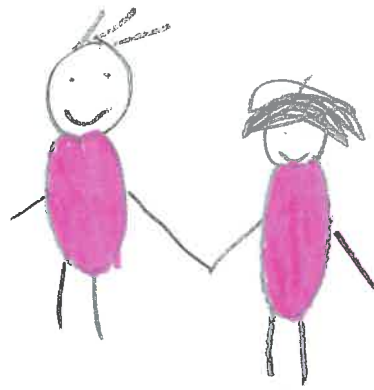
RELAX



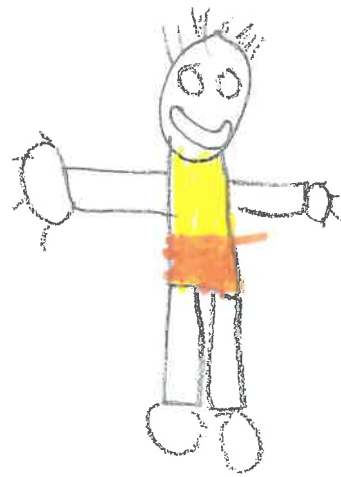
- 1 MEDITATE: Meditating helps to not worry about anything bad happening.
- 2 TALKING TO SOMEONE: When talking to someone it makes you feel better that someone understands your feelings.
- 3 HEALTHY EATING: If you eat healthy your energy will be balanced and you won't have a virus of energy.
- 4 ENOUGH SLEEP: Getting enough sleep makes sure you have enough energy and to let your body and mind rest.
- 5 DOING A HOBBIE: It will keep you distracted from what your worrying about.

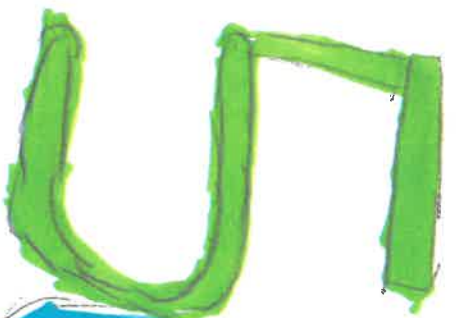
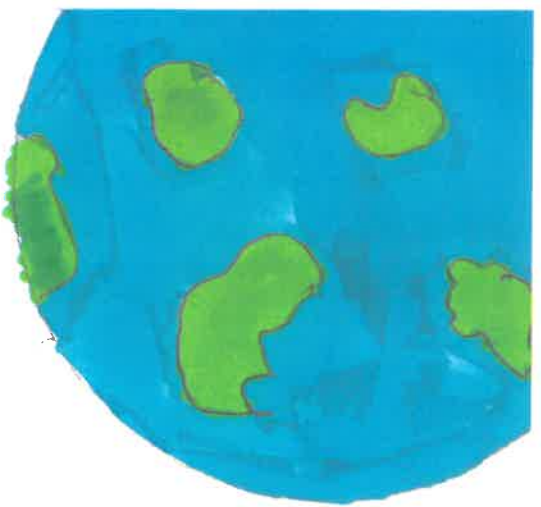


T O P T I P S

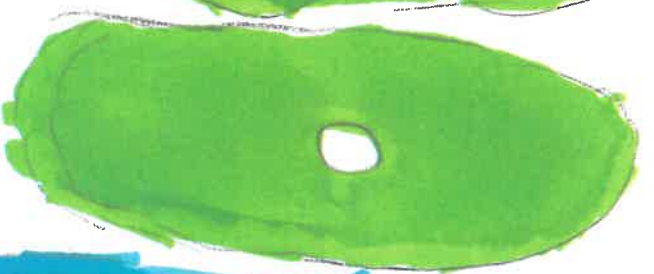
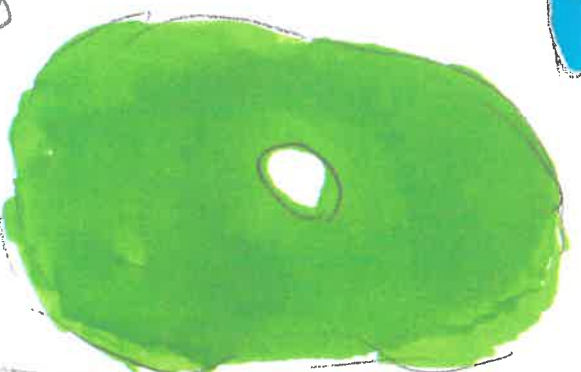


- Don't be afraid to tell anyone.
- go for a walk.
- meditate.
- Relax.
- Do some sports.
- Read a book
- Taking a bath





Mental health tips.



- ① You could meditate. It is nice to ~~sit~~ sit in peace and quit.
- ② Taking a hot shower with candles. It makes you calm down and have a nice scent.
- ③ Having a hobby. It takes you away from the problem and distracts you.
- ④ Doing exercise. It makes you have a healthy body.



⑤ ~~Having~~ Taking a walk. It clears your mind and it's nice.

2 tips for the mind.

1. Meditation:

Meditating helps the mind relax and focus.

2. Sleep:

Sleeping more often lets the mind rest.

3. Talk to someone:

Talking to someone helps the mind and relieves stress.

4. Going on a walk:

going on a walk helps with refreshing the mind.

5. Keep a routine:

Keeping a routine help the mind be less stressed and occupied

no world.



5 tips for the body.

1. Sports:

Doing sports helps the heart rate go up

2. Eating healthy:

Eating healthy helps the mind and the body.

3. Slow reacting foods:

Eating those kind of foods helps.

4. A new hobby:

Having a new hobby helps your body see new stuff.

5. Be nice:

Being nice helps your body.



! Mental health tips for you!

meditation is a good way to calm down is you need to. meditation is also sometimes used in religious beliefs!



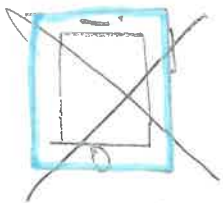
eating good is great for the mind, body and soul! is you eat lots of junk food you won't feel good!



talk to a friend is your worried, sad, dissatisfied or depressed! or talk to somebody you trust!

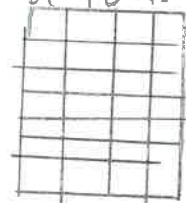
YOU never
ALONE

take a break from social media, phones, tablets, laptops and devices in general



go outside, do a hobby it takes away all the worries from your mind go do some sports, gymnastics, skating

keep a routine! is your all over the place it makes you feel horrible! keep a routine like this:

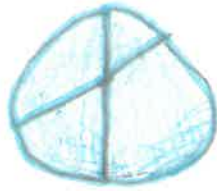


! It's just a bad day!
! not a bad life!

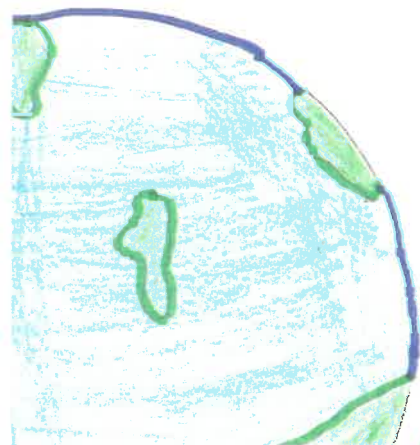


Mentally Healthy

1. eat healthy. ❤️
2. take a shower. ❤️
3. Sleep. ❤️
4. Walk for a bit. ❤️
5. don't go on your phone. ❤️
6. read. ❤️
7. spread love. ❤️
8. tell people. ❤️
9. play. ❤️
10. don't eat sweets. ❤️



It's just a
bad day not a
bad life.



Wellness

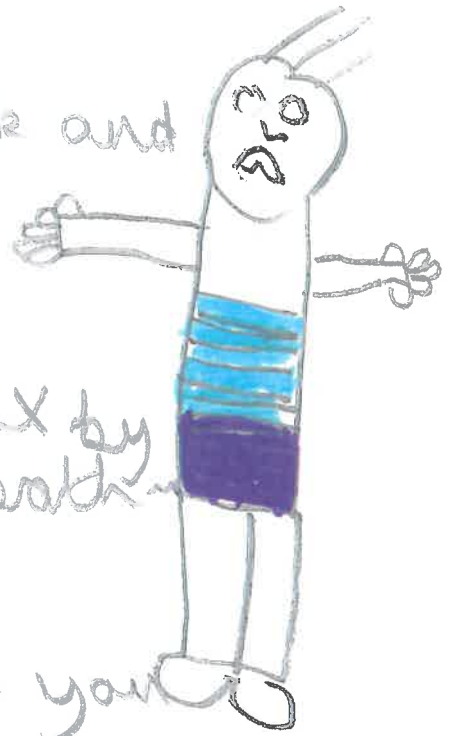
METAL health tips

- Don't be afraid to talk to people.



- Don't feel down when you are sad, ~~down~~

- Go for a quick walk and do some exercise



- Make sure you relax by taking a shower / bath

- Try a new hobby (if you don't have one)

- ~~Don't~~ Relax

- Don't eat too much sugar

