

Mental Health Wellness Tips

1. **Stick to a routine.** Go to bed and wake up at a reasonable time. Write a schedule that includes time for schoolwork and relaxation.
2. **Maintain personal hygiene.** Shower, wash your face, brush your teeth and dress in comfortable clothes. It's amazing how this can impact your mood.
3. **Get outside and move for at least 30 minutes a day.** Physical activity is essential and fresh air will boost your spirits.
4. **Stay hydrated & eat well.** Stress and eating don't often mix well. Drink plenty of water, eat nutritious food and challenge yourself to learn how to cook something new!
5. **Notice the good in the world.** There are a lot of scary, negative stories in the news. There are also many stories of people donating and supporting others in amazing ways! Counterbalance the heavy information with the hopeful information.
6. **Help others.** Find ways to give back to others. Support local restaurants, offer to pick up groceries, or call to check on an elderly neighbor – helping others improves your mood and boosts your self-esteem.
7. **Find something you CAN control and control the heck out of it.** When things seem uncertain and overwhelming, control your little corner of the world. Organize your room, clean out your closet. It helps to anchor us when things are chaotic.
8. **Plan a long-term project.** Now is the time to learn how to play the piano, do a huge puzzle, read the Harry Potter series, or binge watch an 8-season show (not in 1 day). Find a way to keep yourself busy, distracted and engaged.
9. **Find joy and humor in each day.** There are many things in life that cause stress and anxiety. Counterbalance this with something joyful and funny each day. Get up to watch the sunrise, take in a sunset, listen to the birds chirping, watch cat/dog videos on YouTube, watch your favorite comedy – we need to laugh a little, every day.
10. **Reach out for help.** There is help and support out there, any time of the day. Contact your teachers, friends, and family to ask for help. If you are in crisis, please call the Mobile Crisis Hotline (24 hrs./day) @ **1-800-422-0045**. Another resource is the Suicide and Crisis Lifeline: call, text, or chat **988**.

