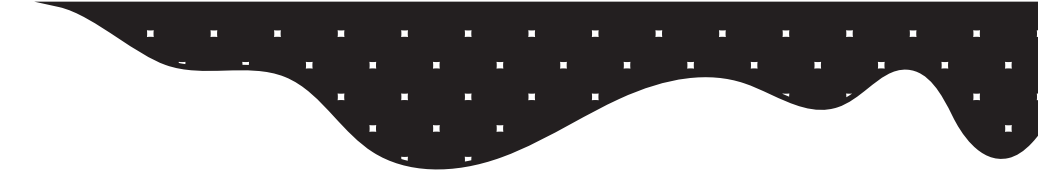


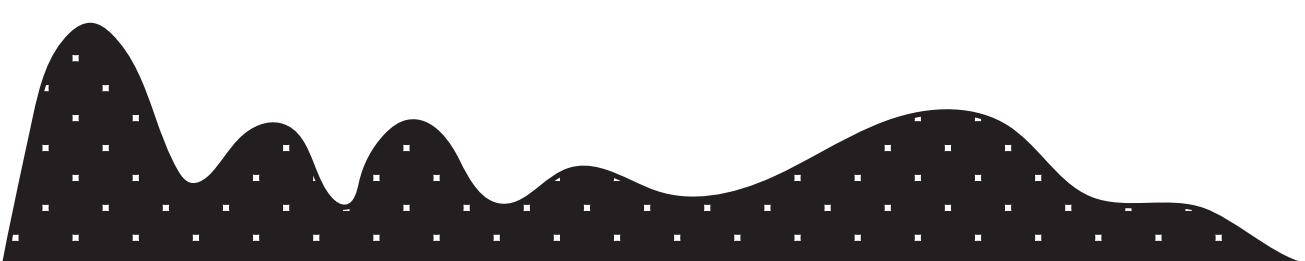
MENTAL HEALTH IS NOT WEAK

What is mental health?

Grades 3-5



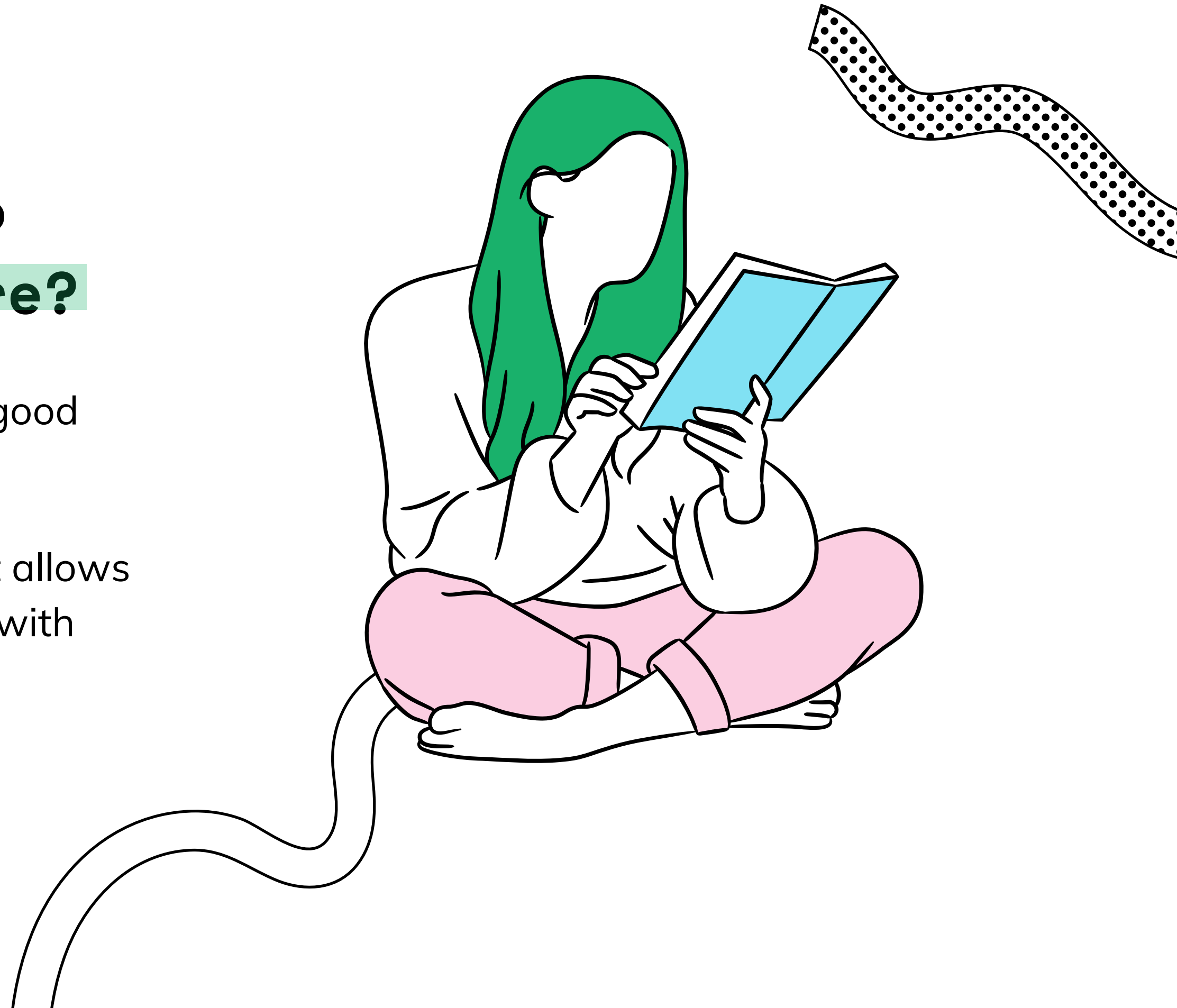
Mental Health: A person's
condition with regard to
their psychological and
emotional well-being
(Oxford)



Why do we need to practice **self-care?**

Self care is a vital step in having good mental health.

By trying out self care activities, it allows you to slow down and reconnect with yourself.





Mental Self-Care

Take care of yourself

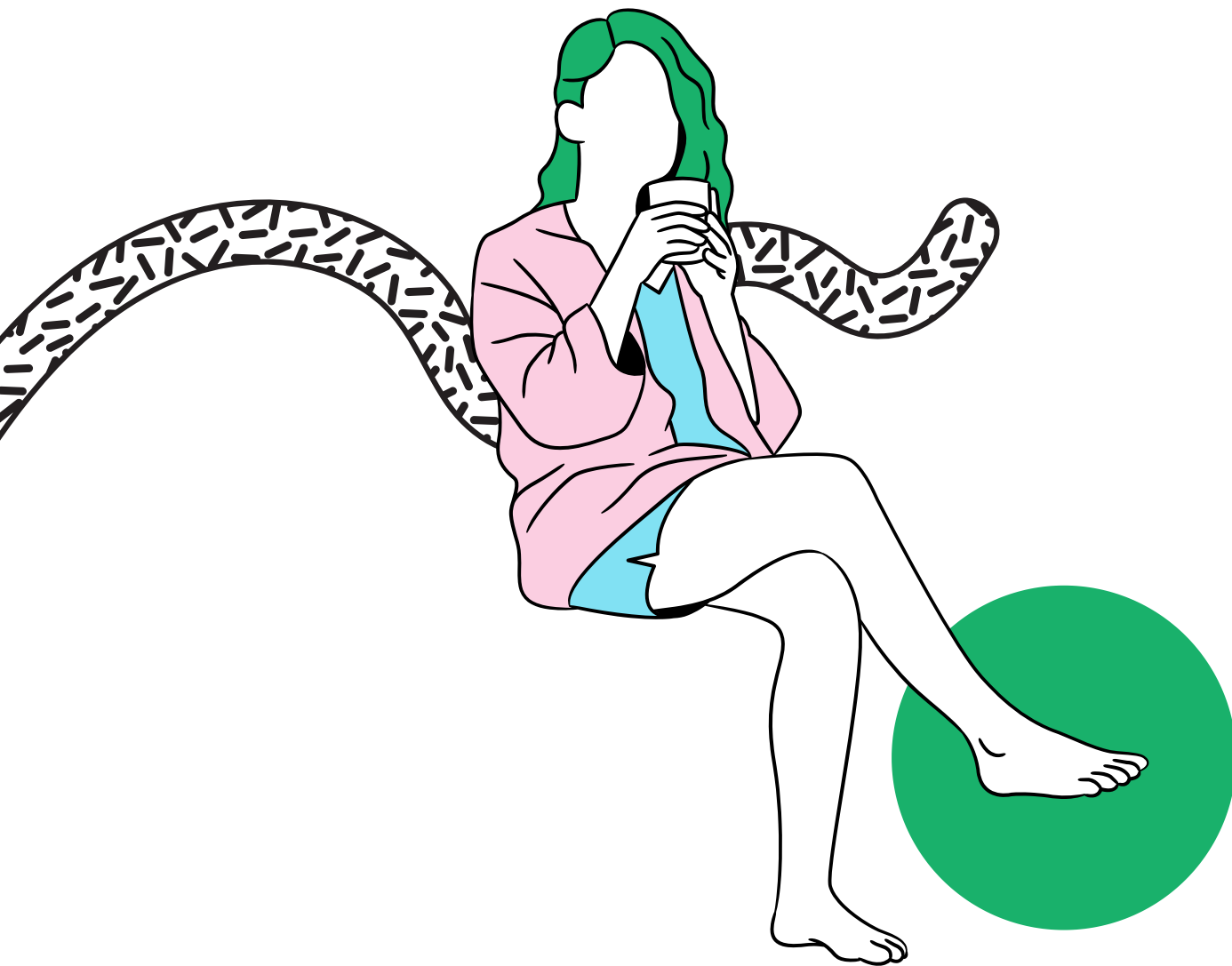
- 1) An example of self care could be doing a face mask taking a nap to unwind, but of course, not all self care looks the same
- 2) Self care can also be allowing yourself to take more breaks when needed and also knowing your limits
- 3) Another self care activity could be playing a sport you love that makes you feel happy. Anything that calms you down and makes you feel better can be considered self care



How to try not to compare yourself

Many teenagers, especially this day in age have a hard time not comparing themselves to others. With most kids being on social media it gets hard not to compare yourself to others. Just remember when you find yourself comparing yourself to others, the world would be a very boring place if everything and everyone looked the same.

Physical Self-Care



Get enough sleep

It is very important to get at least 8 hours of sleep each day because your brain functions the best when you get 8+ hours of sleep

Eat well and eat healthy

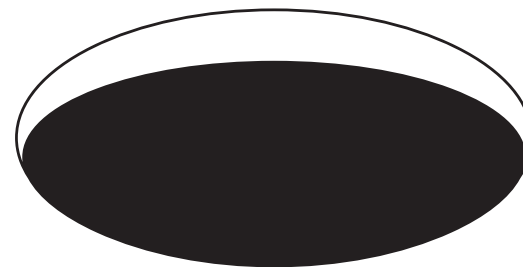
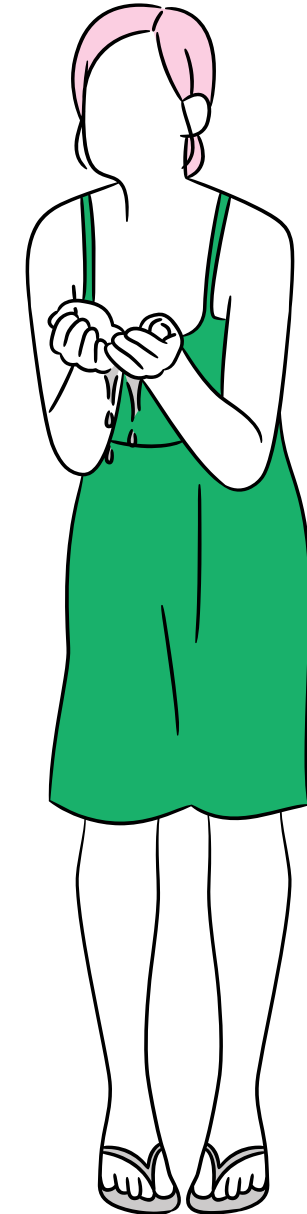
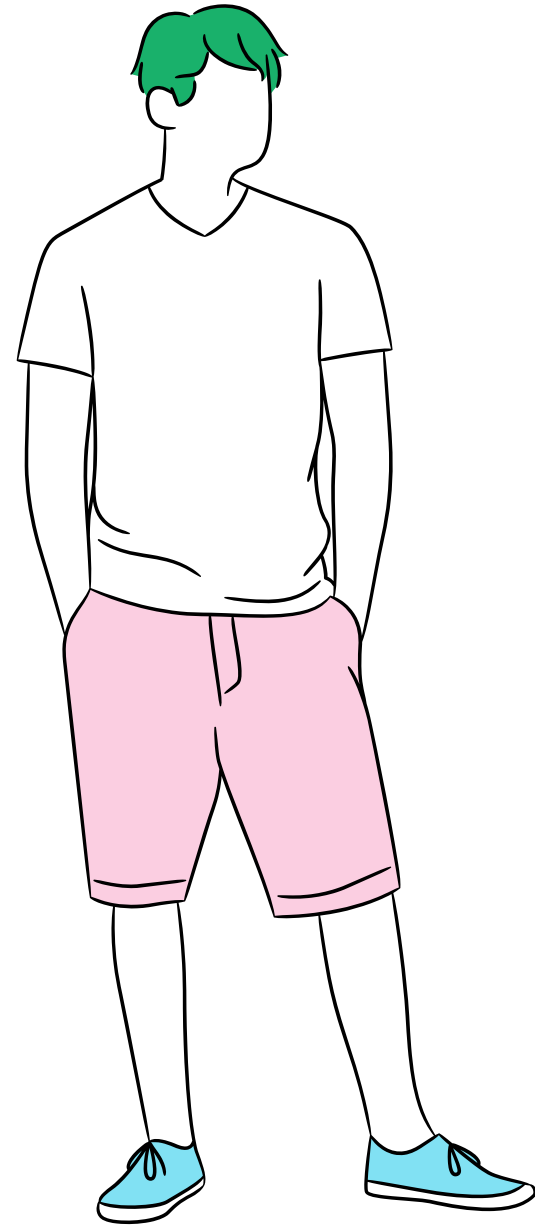
It is proven that when you eat better, you will be overall healthier, because process foods makes your mood fluctuate.

Exercise regularly

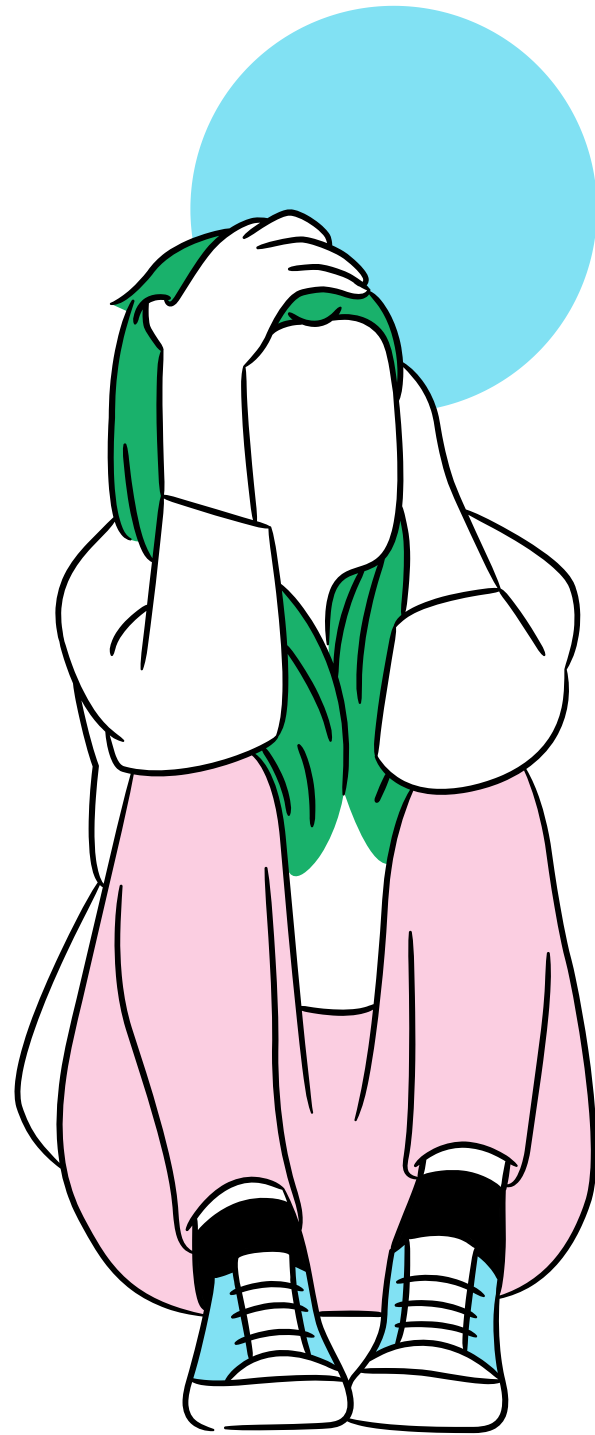
Try to exercise regularly because it is proven that exercise makes people happier, because it releases endorphins.

You are not alone

Even though it may seem like you are the only one struggling with mental health, you are not. 1 in 4 adults struggle with at least one mental health issue. We need to be there for others so we can end the stigma of mental health.



Helpful resources



(THREE) **WAYS TO GET** **MENTAL HEALTH HELP** ANONYMOUSLY



HOTLINES. 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:

- **The National Suicide Prevention Hotline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741



APPS. There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.



ONLINE SPACES. Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

*Information provided by the MHFA curriculum.

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