

MENTAL HEALTH

6. CHALLENGE STIGMA AND PREJUDICE

PROBLEMS WITH MENTAL HEALTH ARE COMMON. STIGMA AND PREJUDICE IS NEVER ACCEPTABLE.

7. MAKE TIME FOR SLEEP

IT ALLOWS OUR BODIES TO REPAIR THEMSELVES AND OUR BRAINS TO CONSOLIDATE OUR MEMORIES AND PROCESS INFORMATION, ALTHOUGH, JUST LIKE OTHER THINGS, TOO MUCH CAN BE BAD.

8. AVOID DRUGS AND ALCOHOL

DRUGS AND ALCOHOL CAN MASK A PROBLEM FOR A SHORT TIME BUT THEY DO NOT SOLVE THEM. USE CAN ALSO OFTEN MAKE ANY MENTAL HEALTH ISSUES WORSE OR HARDER TO HELP

9. TRY TO BUILD ACTIVITY INTO YOUR LIFE

EVEN WALKING MORE CAN MAKE A HUGE DIFFERENCE TO YOUR PHYSICAL AND MENTAL HEALTH.

10. EAT A RANGE OF HEALTHY FOODS

EATING WELL HELPS YOUR MENTAL HEALTH, JUST LIKE YOUR PHYSICAL HEALTH.

11. TAKE TIME FOR YOURSELF AND FOCUS ON THE POSITIVES

NEGATIVE THOUGHTS AND FEELINGS CAN TRAP YOU IN A VICIOUS CYCLE, IT'S IMPORTANT TO MAKE TIME TO DO THE THINGS YOU ENJOY. BE CONFIDENT IN YOURSELF AND YOUR ABILITIES.