

50 ways to take care of your mental health

Host.
Where students are at home.



Breathe.

Practice some deep breathing.



Exercise.

Exercise is a great tool to reduce anxiety and stress.



Friends.

Talk to your friends about how you are feeling.



Happy.

Take part in something that makes you happy.



Food.

Make sure you are eating a well balanced diet.



Relax.

Take time out of your day.



Diary.

Engage regularly in a thought diary.



PMR.

Practice some progressive muscle relaxation.



Activity.

Keep yourself active throughout your day.



Mindful.

Engage in some mindfulness activities.



Challenge.

Challenge your negative thoughts.



Music.

Listen to music that inspires or relaxes you.



Smile.

Smile more throughout your day.



People.

Surround yourself with people who make you happy.



To do list.

Start a to do list.



Sleep.

Get into a good sleep pattern.



Gratefulness.

Each day write down the things you are grateful for.



Meditation.

Try learning some meditation.



Journal.

Keep a journal and write down your worries.



Yoga.

Engage in some yoga.



Strengths.

Write down a list of your strengths every day.



Goals.

Set some realistic goals.



Stress.

Learn what your stress trigger points are.



Drinking.

Drink sensibly.



Ask.

Speak to someone and ask for help if you are struggling.



Time.

Make time for yourself each day.



Feelings.

Let people know how you feel.



Colouring.

Buy an adult colouring book.



Walk.

Go for a long relaxing walk.



Family.

Do something with your family and friends.



Skill.

Learn a new skill.



Greatness.

Do something you're good at.



Hobby.

Engage regularly in a hobby that you enjoy.



Socialise.

Socialise with your friends.



Confidence.

Invest time in developing your confidence.



Help.

Don't be afraid to ask for help.



Restructure.

Learn how to use cognitive restructuring.



Focus.

Focus on the moment and notice your surroundings.



Kindness.

Do something nice for someone.



Tech.

Disconnect from technology.



Give.

Give something back to the community.



Perspective.

Put things into perspective.



Group.

Join a group.



Self talk.

Challenge self talk.



Read.

Find an engaging book you will enjoy reading.



Worry time.

Dedicate a certain time in your day for writing down your worries.



Problem solve.

Learn how to effectively problem solve.



Imagery.

Practice some imagery.



Apps.

Find an app that you can use to help with relaxation.



Compliment.

Give someone a compliment.