

YOUTH Mental Health

Why it's important and how to keep
it fresh



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The Importance of Mental Well-being in Young People

Encompasses our emotional, psychological, and social wellness.

shapes the way we think, feel, and act every day.

supports us in managing pressure and making healthy choices.



Your Emotions

Looking after your emotions in a healthy manner requires self-awareness, emotional regulation, and positive coping strategies.



Healthy Mechanisms

Keep your body active with regular exercise, stretching, or calming breath work.

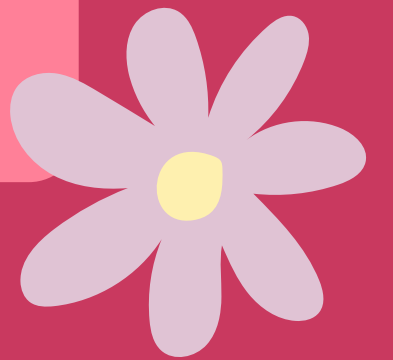
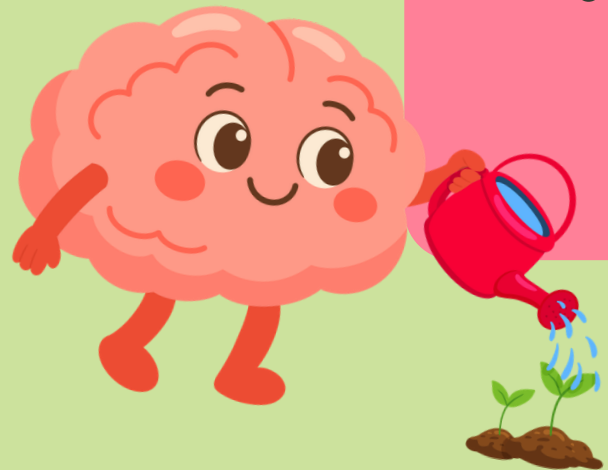
Embrace mindfulness by slowing down and paying attention to the present moment.

Express emotions through creative activities such as art, music, or personal writing.



Foster Meaningful Social Relationships

- Reach out to a trusted friend or family member when feeling stressed.
- Build a network of positive and empathetic individuals.
- Consider professional therapy or counseling as a valuable resource.



Healthy Lifestyle

Prioritize sleep, as rest affects emotional stability.

Eat a balanced diet to support brain health.

Limit substances that can affect mood.

INVEST
IN
YOURSELF



Train Your Inner Dialogue^{*} and Take Care of Yourself

- Stop negative thoughts and flip them into something better.
- Hype yourself up for every small win you get.
- Be chill with yourself - nobody's perfect.



Treat Yourself Like Your Bestie

Stop the negative self-talk and gas yourself up instead. Every W counts no matter how small. You're doing great even when it doesn't feel like it.



Guard Your Peace and Don't Stress It

It's okay to say "nah" when something doesn't feel right.

Log off social media and step away from bad vibes.

Plan your time so you don't feel stressed 24/7.





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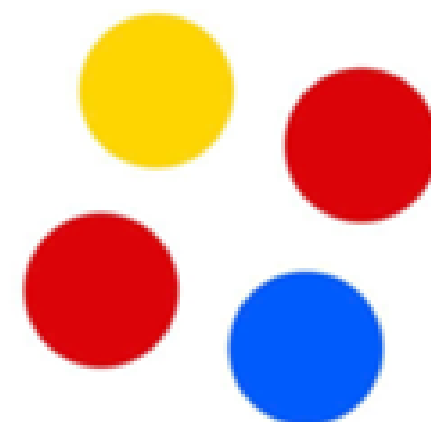
Be "Kind"
to your
MIND



Thank You!



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