



Taking control of your MENTAL HEALTH

Sometimes our mental health is within our control, and sometimes we may need help. Navigating our own mind can be tricky, but here are some lifestyle options, coping strategies, tips and tricks that may help.

ADDITIONAL WAYS TO COPE WITH ANXIETY OR STRESS

- Keep a Journal
- Practice Yoga
- Eat Healthy
- Avoid Excess Caffeine
- Identify Negative Thoughts
- Challenge Negative Thoughts
- Keep Busy
- Avoid Triggers
- Listen to Music
- Think of Something You are Grateful For
- Give yourself a Daily Compliment
- Think of 5 Things You can Hear Right Now
- Feel the Pressure of Your Feet on the Floor

Get Plenty of Sleep

Getting enough sleep helps you grow and develop normally, pay attention throughout the day and maintain overall health. For teens, this means about 8-10 hours each night.

Focus on your strengths

Take time to think about what you're good at and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

Do things that make you happy

Find activities or hobbies that make you happy and incorporate them into your daily life.

Engage in physical activity

Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.

Talk to someone

It can be hard to manage stress alone. Talk to a parent or other trusted adult about your problems and they may be able to help you find ways to manage your stress.

If you have symptoms that have lasted 2 weeks or more, ask a doctor, counselor or trusted adult to help seek out professional help.

If you are having thoughts of death, self harm, or hurting others call 911 or the North Central Health Care Crisis Center at 1.800.799.0122



North Central Health Care
Person centered. Outcome focused.