

# A-Z OF POSITIVE MENTAL HEALTH

-  Acknowledge the good in your life
-  Connect with others
-  Learn emotional regulation strategies
-  Develop a growth mindset
-  Involve yourself in activities outside of school
-  Keep active and fit
-  Mentors make a difference
-  Optimism is learned
-  Quietly reflect
-  Develop sleep routines
-  Understand mental health
-  Own your worthiness
-  Yoga and controlled breathing are powerful mindfulness tools
-  Boundaries need to be clear
-  Diet should be balanced
-  Foster friendships
-  Helplines are invaluable
-  Journal thoughts and feelings
-  Listen to your body
-  Negative thoughts can be ignored
-  Practise self-care
-  Ritual and routine help build resilience
-  Talk with suitably qualified adults
-  Visit nature regularly
-  eXpress your emotions
-  Zoom out and see the big picture