

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 3: Mental health & emotional well-being. MATERIALS



READING: USEFUL TIPS TO SUPPORT YOUR MENTAL HEALTH

Simple steps to support your mental health

20 actionable recommendations to help young adults take better care of their mental health:



Establish a routine

Create a daily schedule to bring structure and stability.



Practice gratitude

Note down three things you're grateful for each day. This is a simple way to reprogram your brain to see the positive side not get stuck in negative loops!



Stay hydrated

Drink plenty of water to maintain physical and mental health. So easy! And so easy to forget..



Get enough sleep

Aim for 7-9 hours of quality sleep every night. This will also help with your overall health and support your brain later in life.



Stay connected

Regularly reach out to friends and family, even if it's just a text or call. We humans are social animals, and having community (such as friends and family) around us is literally good for both mental AND physical health!



Set realistic goals

Break larger tasks into smaller, manageable steps. This is the best way to avoid becoming overwhelmed with school, work, relationships...life.



Limit caffeine and sugar

Reduce intake to avoid mood swings and anxiety. That doesn't mean you have to avoid fika like the plague, but maybe try NOT having 6 cups of coffee a day...



Stay physically active

Try to get at least 30 minutes of exercise most days. This could mean a walk to class, or a little lunch time stretch.. Movement boosts all the happy hormones in your body! You deserve to feel good in your body AND mind.

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MODULE 3: Mental health & emotional well-being. MATERIALS: HOW TO BOOST MENTAL HEALTH



READING: USEFUL TIPS TO SUPPORT YOUR MENTAL HEALTH

Simple steps to support your mental health

20 actionable recommendations to help young adults take better care of their mental health:



Meditate

Spend a few minutes each day in meditation to clear your mind.



Volunteer

Helping others can boost your mood and provide a sense of purpose.



Avoid negative influences

Distance yourself from people or situations that drain your energy. You are allowed to protect your peace!



Accept imperfection

Strive for progress, not perfection. Literally no-one can be perfect all time, and much like we shouldn't expect that from others, we shouldn't expect it from ourselves either.



Limit Social Media

Yup! Hard, but true. Set boundaries on your social media usage to minimize stress.



Get creative

Express yourself through drawing, writing, or music. Art is such a good way to process and release emotions! Learn again how to be playful through creativity. Create for fun, not for product.



Schedule "me-time"

Dedicate time for activities you enjoy. Get to know what YOU like and become comfortable with being by yourself. It can feel healing and liberating!



Practise and learn asking for help and support

If you are not doing well, please seek support from a mental health expert. Reach out to a friend, or a family member if you are feeling alone. Allow people to be there for you - it is a gift to them just as much as it is to you!