

A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p>A</p> <p>ASK FOR HELP You are not alone, so reach out and ask for help</p>	 <p>B</p> <p>BREATHE Focus on your breath to find a sense of calm</p>	 <p>C</p> <p>CONNECT Connect with friends, family and trusted adults</p>	 <p>D</p> <p>DETOX Unplug from social media and other distractions</p>	 <p>E</p> <p>EMOTIONS Observe how you feel and label your emotions</p>	 <p>F</p> <p>FIND SAFE PLACE Go to a place where you feel safe and at ease</p>
 <p>G</p> <p>GRATITUDE Focus on the things you're grateful for</p>	 <p>H</p> <p>HEALTHY HABITS Create a balanced routine with healthy habits</p>	 <p>I</p> <p>INQUIRE Pause and ask yourself, 'how do I feel right now?'</p>	 <p>J</p> <p>JOURNAL Use a journal to express your thoughts and feelings</p>	 <p>K</p> <p>KINDNESS Be kind and compassionate to yourself and others</p>	 <p>L</p> <p>LET GO! Feel more energised, by moving your body</p>
 <p>M</p> <p>MEMORIES Visualise three things you are proud of</p>	 <p>N</p> <p>NATURE Improve your mood by exploring the great outdoors</p>	 <p>O</p> <p>OPENNESS Be open to new activities and notice what happens</p>	 <p>P</p> <p>PATIENCE It's okay to not be okay, so give yourself time</p>	 <p>Q</p> <p>QUIET Take quiet moments every day to reflect</p>	 <p>R</p> <p>REST Be mindful, rest often and get plenty of sleep</p>
 <p>S</p> <p>SUPERHERO Stand in the Superhero Pose for two minutes every day</p>	 <p>T</p> <p>THOUGHTS Track your thoughts in a journal, and notice any themes</p>	 <p>U</p> <p>UNIQUE You are unique, and so is your mental health</p>	 <p>V</p> <p>VOLUNTEER Boost your self-esteem by giving back to others</p>	 <p>W</p> <p>WORRY TIME Schedule 'worry time' to help solve practical worries</p>	 <p>X</p> <p>EXCITEMENT Do more of the things that bring you joy and excitement</p>
 <p>Y</p> <p>YOU MATTER! You are important and your feelings matter</p>	 <p>Z</p> <p>ZEN Practise calming activities like yoga and meditation</p>				

Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com