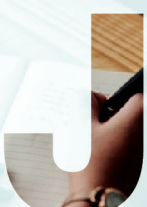


A-Z OF MENTAL HEALTH

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.

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

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