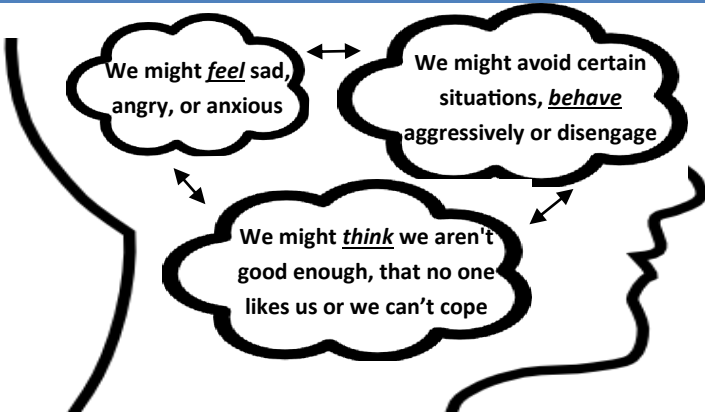


## Top tips to support your mental health

We can all feel overwhelmed at times.  
Stress is not always bad as long as it's manageable  
When we are stressed it can impact on how we  
**THINK, FEEL** and **BEHAVE**  
They then impact on each other

**You can change this downward spiral**



**We know that 10% of teenagers are dealing with very distressing events in their lives.**

If so, please talk to someone to help you to think it through and get support

### Talk to others

Sometimes it can feel like no one understands, or can help. Talking to people we trust can help us to make sense of our thoughts and feelings.

### Do things you enjoy

Having fun can really boost our wellbeing



### Look after yourself

Sleep makes such a difference to how we feel. Make sure you are getting enough

Exercise is good for your body and mental health

Good food is good for your mood and it's important to not skip meal

### Ask for help

#### You can talk to:

- Your year manager or key worker
- Miss Sharman (PSHEE),
- Mrs Tabani
- Mr Rippin
- Family
- Friends

### Practice relaxation

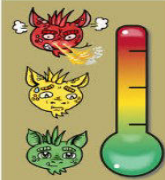
Count down slowly from 10 to 0.

With each number take one complete breath, inhaling and exhaling.

Breathe in deeply and breathe out

### Notice changes in your mood

Just noticing changes in our mood can help us understand which situations cause us to feel rubbish and why that might be.  
You could try writing a diary



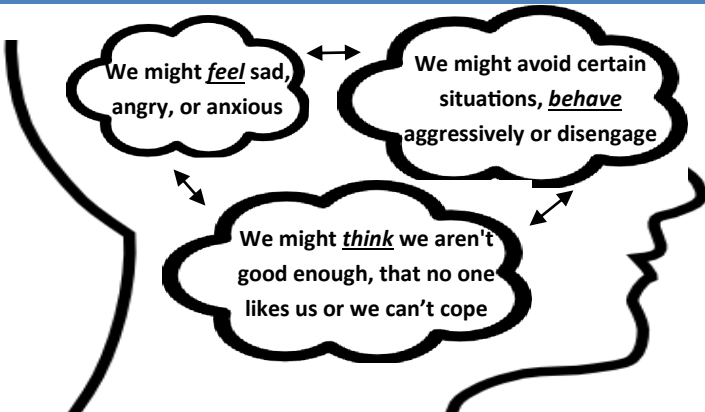
### Check out

[www.epicfriends.co.uk](http://www.epicfriends.co.uk) information from Sheffield CAMHS  
You could also try the 'HeadSpace' app

## Top tips to support your mental health

We can all feel overwhelmed at times.  
Stress is not always bad as long as it's manageable  
When we are stressed it can impact on how we  
**THINK, FEEL** and **BEHAVE**  
They then impact on each other

**You can change this downward spiral**



**We know that 10% of teenagers are dealing with very distressing events in their lives.**

If so, please talk to someone to help you to think it through and get support

### Talk to others

Sometimes it can feel like no one understands, or can help. Talking to people we trust can help us to make sense of our thoughts and feelings.

### Do things you enjoy

Having fun can really boost our wellbeing



### Look after yourself

Sleep makes such a difference to how we feel. Make sure you are getting enough

Exercise is good for your body and mental health

Good food is good for your mood and it's important to not skip meal

### Ask for help

#### You can talk to:

- Your year manager or key worker
- Miss Sharman (PSHEE),
- Mrs Tabani
- Mr Rippin
- Family
- Friends

### Practice relaxation

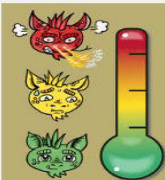
Count down slowly from 10 to 0.

With each number take one complete breath, inhaling and exhaling.

Breathe in deeply and breathe out

### Notice changes in your mood

Just noticing changes in our mood can help us understand which situations cause us to feel rubbish and why that might be.  
You could try writing a diary



### Check out

[www.epicfriends.co.uk](http://www.epicfriends.co.uk) information from Sheffield CAMHS  
You could also try the 'HeadSpace' app