

## Children's Mental Health and Emotional or Behavioral Disorders Projects

### *Inspiring Opportunities*

## Ten things I can do EVERYDAY to take care of my mental health

1. Eat healthy & drink plenty of water
2. Get enough sleep (8-12 hours each night depending on your age)
3. Talk about my feelings with someone I trust
4. Get some exercise (jump rope, play a sport, do yoga, go for a walk, etc.)
5. Meditation (at least 5 minutes of quiet where I focus on my breathing)
6. Do something nice for myself
7. Do something nice for someone else
8. Words matter -say something positive to myself
9. Connect with family and friends that support me (play a game, share a meal, talk on the phone, etc.)
10. Set realistic goals (decide what I want to achieve but make sure I have time to take care of myself each day along the way)

**When I am calm, I feel...**



