



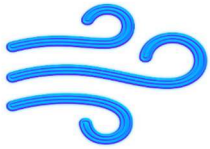
Positive Coping Strategies



Write in a Journal



Practice Meditation



Breathing Exercises



Coloring



Exercise/Movement



Organization/ To Do list



Eat a Healthy Snack



Talk to a Trusted Adult

Write down the name of a trusted adult you can go to if you need help

Help educate your family with our resources from ErikasLighthouse.org



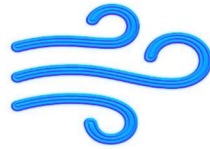
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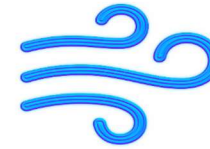
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GOOD MENTAL HEALTH

It's for everyone!

Mental health is about our feelings, thoughts, and moods and is important for a happy, healthy, and productive life. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

Sleep 8-10 hours each night

Eat 3 healthy meals each day

Exercise or play outside 3 times a week

Choose healthy snacks

Take care of your physical health

Spend time doing something that makes you smile

Spend time with your friends and loved ones

Relax! Try a bubble bath, deep breathing, meditation, a nature walk

Remember it's ok to say "no"

Talk to someone you trust when you need help

IN CRISIS AND ALONE?
Call or Text 988



RISK FOR YOUR SAFETY?
Call 911

Promote Good Mental Health
Start an Empowerment Club, visit
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