

MENTAL HEALTH SUPPORT!



THINGS TO THINK ABOUT

Take care of your physical health - Remember, the body and mind are intertwined. Have regular meals and discover a enjoyable exercise routine that fits your schedule and preferences.

Make sure to allocate some time for enjoyable activities or self-care - positive emotions can serve as a shield against stress.

Indulge in an activity that brings you joy - be it painting, playing music, or picking up a new sport.

Reach out to someone - confide in a trusted family member or friend about your emotions, or engage in an online conversation on a support platform; Childline or The Mix.

THINGS TO AVOID

Excessive consumption of caffeine, sugar, or other stimulants - can provide a temporary boost but may lead to increased stress in the long run.

Avoiding Overworking - Take the time to unwind by incorporating short, regular breaks into your study, work, or revision routine.

Pursuing perfection - can lead to unrealistic expectations. It's unfair to measure yourself, as a complete individual, against the selective social media highlights of someone else's life.

Excessive screen time - can disrupt your sleep. Remember to take breaks, avoid feeling the need to constantly engage in reading, watching, or playing activities.

Keeping emotions bottled up is not a solution - assuming they will disappear on their own can exacerbate the situation in the long term.