

Jay's Mental Health Tips

Teens and self care :)

Take a second.

Feel your emotions, feel your body's reaction to that feeling. Not feeling so hot? Losing motivation? Try some self care.

Self care and why it's important.

What's self care? Self Care is all about you! Taking care of mind and body is the best thing you can do for yourself to stay balanced, to stay clear headed, and to maintain composure during struggling moments. But no one can just do it for you. And don't be afraid to praise yourself. As teenagers it's really important to get into good self care habits. Try your best to cut your self some slack, when you're too hard on yourself it forms negative habits.

Signs to You Take Care of Yourself When Needed.

- Over sleeping
- Lack of sleep
- Feeling overwhelmed
- Struggling in school
- Lack of focus or motivation
- Struggling with a Mental Illness or self destructive behavior
- Abundance of difficult emotions

All of these and more are reasonable reasons to take a little you time. Ignoring these signs could be really difficult in the future. But here is how you can help!

Self Care activities

- Spending time outside
- Mindful distractions (something that keeps you calm while thinking openly)
- Hobbies (reading, drawing, art music)
- Surrounding your self with friends or family (don't be afraid to ask for help)
- Relax (make time for a show you like or take a shower or bath)
- Struggling mentally? Seek therapeutic resources
- Journal
- Anything that makes your feel good, focused, open minded

I hope this helps!! REMINDER: it's ok to need help :)