



a guide to
**MENTAL
HEALTH**



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Everyone's a BUSY BEE, and we ALL need a break sometimes!

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MENTAL HEALTH 101

WHAT IS MENTAL HEALTH?

Mental health refers to our emotional, physical, and psychological well-being. It's how we think, feel, and act. Mental health has become a prevalent topic of our generation today, so it is important that we keep this the topic of our discussions to reduce the stigma of mental health in society!

WHY IS IT IMPORTANT?

Mental health is very important, as it is a part of every aspect of our life from childhood, adolescence, to adulthood. It impacts your day-to-day life, and bad mental health days can significantly impact your education, personal goals, and relationships that are essential to our well-being in the future.



BALANCE

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HOW CAN I BALANCE SCHOOL, KEY CLUB, & OTHER ACTIVITIES?

1. TIME MANAGEMENT

First, it is important to manage your time wisely! Divide your time up between your different activities or school assignments you have. Make sure that you also get adequate sleep each night.

2. TAKE BREAKS

Most importantly, TAKE BREAKS! After long periods of hard work, go on a walk, get a snack, or pull out your favorite Netflix TV show. Breaks are essential for our minds to regroup and focus on what we need to do next, so take a break (even if just for 3 minutes) on your next study session

3. GO OUT AND HAVE FUN!

Life is short, and make memories with your family and friends around you. You won't regret it, and it'll make you feel better mentally.



TAKE CARE OF YOURSELF

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WHY IS IT IMPORTANT TO TAKE CARE OF YOURSELF?

We ALL need breaks and days of relaxation to replenish our energy. Whether you think you need one or not, BEE sure to take good care of yourself—both mentally and physically. Here are so ideas to help!

TIPS

for self care

1. Get Regular Exercise

Just 30 minutes a day of physical activity (walking, biking, going to the gym, etc.) can really boost your mood and improve your mental health

2. Set priorities & goals

Make a list of everything you need to do, since organization is KEY. Don't have certain tasks floating around in your head, as it may lead to greater anxiety and stress with the things you need to get done!

3. Practice Gratitude

Identify and challenge your negative and unhelpful thoughts. Make a list of people you love, hobbies you love, TV shows/movies you love, or just anything that makes you happy!

***THANK YOU FOR
READING!***