



**YOU ARE STRONG
YOU ARE BRAVE
YOU ARE OK**



ALL IS WELL



POSTCARD PRODUCED BY 2CONNECT YOUTH & COMMUNITY

5 Tips to Look After Your Mental Health

1. **Stay connected** to family, friends, teachers, school counsellors, or youth support services (two services are listed below). Reach out for a chat by phone or online to talk about your day or any worries you may have.
2. **Nourish your body** with health food, and keep active through exercise (even if it's in your living room!). Make sure you get outdoors every day and get good quality sleep. Avoid alcohol, tobacco or other drugs.
3. **Keep a structure to your day** by getting up and going to bed at the same time. Try to maintain a routine each day.
4. **Limit your exposure to negative news media** - what you hear & see impacts on your wellbeing. Instead, listen to uplifting music or watch a funny video.
5. **Focus on the positives and be grateful** for the good things you have in life. You can do this by reading out loud the quote on this postcard or writing a short list of things you are grateful for each morning.





**I CHOOSE TO
THINK
POSITIVE &
LOVE MYSELF
TODAY**



I AM BRAVE



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I AM BRAVE

I AM KIND

I AM LOVED

I WILL BE OK

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