# Top Tips To Help Support Mental Health

1. Practice “Square breathing” ( Breath in for two seconds, hold breath for two seconds and breathe out slowly for two seconds and relax)
2. Listen to (calming, or uplifting) music
3. Read a novel, new newspaper, or magazine
4. De-clutter your room, or part of your room
5. Make an ‘emergency’ box for distressing times – put in any small reminder of what helps and pictures of positive times
6. Try baking (you can buy cake mix from your local store)
7. Write a letter to yourself
8. Start a new Netflix series
9. Make time in the day to explore how you feel and limit it, to avoid overthinking
10. It’s important to get a full 8 hours of sleep a night, try downloading a sleep monitor app
11. Create a crisis plan so that you are prepared for moments where you feel distressed or down
12. Get some fresh air, go for a walk
13. Do some art or sketches, even if it’s just scribbling
14. Try using a meditation app