



HOPE
THROUGH
ACTION

MENTAL HEALTH

COPI NG STRATEGI ES



BREATHING EXERCISES

When feeling anxious, try using easy breathing techniques like inhaling slowly through the nose and exhaling through the mouth.

Practicing this technique can help soothe your mind and alleviate anxiety.



PHYSICAL ACTIVITY

Engaging in physical activities such as playing sports, riding a bike, dancing, or taking a walk can do wonders for your well-being.

Exercise helps the body release endorphins, which can elevate your mood and decrease stress levels.

EXPRESSIVE ARTS

Boost Creativity and Emotional Expression with Drawing, Painting, Colouring, and Writing. Engage in creative activities, such as drawing, painting, colouring, or writing in a journal, to help express emotions and feelings.

These activities can serve as an effective outlet for emotional expression and promote creativity.



MINDFULNESS

The advantages of mindfulness exercises are numerous. One of the most significant benefits is the ability to concentrate on the present moment. Engage in mindfulness activities by observing your thoughts and feelings without judgment.



POSITIVE SELFTALK

Improve Your Thinking Patterns.

First, identify and challenge negative thoughts.

Secondly, make a conscious effort to replace negative self-talk with positive and supportive statements.



ESTABLISH ROUTINES

Establishing predictable routines can provide a sense of stability and reduce anxiety.

Create a daily routine that includes regular sleep, meals, homework, playtime, and relaxation.



SOCIAL SUPPORT

Spend time with friends and family members who are supportive and understanding.

Connecting with others can provide comfort and a sense of belonging.



TIME IN NATURE

Spending time in nature, whether it's going for a hike, playing in a park, or simply taking a walk outdoors.

Being in nature has been shown to reduce stress and improve well-being.

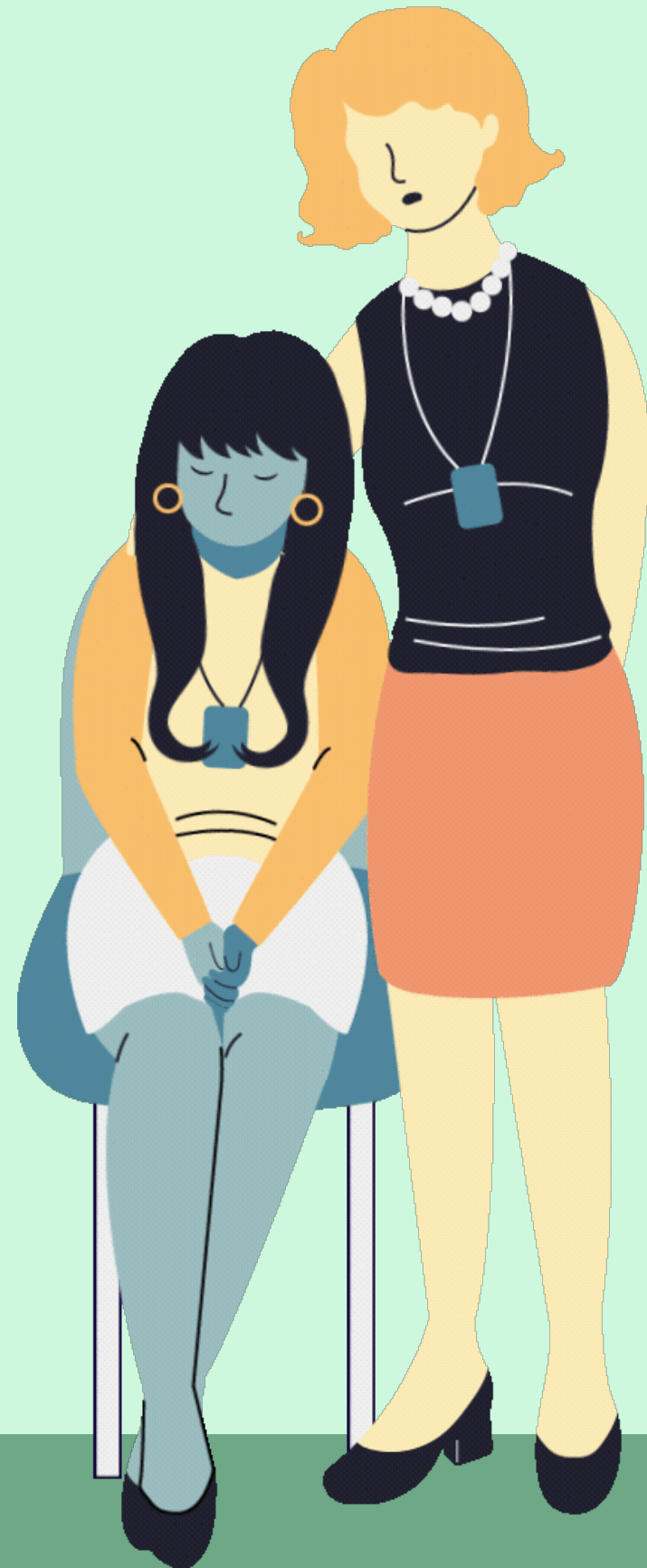


REMEMBER!


Don't hesitate to ask for help
if you're struggling.

It's important to seek support.

Don't be afraid to reach out to a friend, adult,
or teacher for assistance or support.



PEOPLE YOU CAN SPEAK WITH:

An illustration of two hands shaking, symbolizing support or agreement. One hand is light-skinned and the other is dark-skinned. The hands are positioned in the center of the slide, with four circular callouts arranged around them.

Tutor or
another trusted
Teacher

Emotional
Resilience
Advisor

Mental Health
Co - Ordinator

Student
Progress Mentor