



TIP SHEET:
Keys to mental wellness and happiness, from one student to another...

All areas of your life can affect your mental wellness: academics, work, creative expression, physical health, spiritual health, family, relationships, and money.

Decide what you want out of life and recognize that you have the power to make it a reality. Then consciously decide what you are going to focus on, what meaning it has, and how you are going to act in response.

Follow this guide as a first step towards taking charge of your own happiness. Take deep relaxing breaths, believe in yourself, and do what feels right for you.

Remember: Even the tiniest actions can lead to big changes – every bit counts!



1) LEARN: Tackle school work

- Keep calm and keep up! Procrastination leads to stress
- Teach your lessons to someone else, or even reteach yourself, to better understand and remember key concepts
- Seek help when you need to understand challenging materials
- Find opportunities for learning and growth outside your school work – there is a lesson in everything that we do, learn how to pay attention and thrive!



2) MOVE: Exercise your way to a healthy mind

- Schedule active study breaks – take nature walks or movement breaks, chat with a friend, dance to some music, and laugh for no reason! It gets your brain refreshed and ready to learn at a higher level
- Aim to get at least 30 minutes of exercise every day
- Find a workout buddy to keep you motivated



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3) EAT WELL: Fuel your body and mind

- Eat and drink regularly – don't go more than 3 hours without drinking water and without a healthy snack or balanced meal
- Eat a wide variety of fresh and colourful foods to get a wide variety of nutrients
- Try healthy snacks such as smoothies, salads, fresh fruit, veggies, or trail mix



4) SLEEP: Energize and rejuvenate

- Avoid falling asleep cuddling your iPhone – using electronics before bed can make it hard to relax
- Avoid going to sleep hungry – your body and brain need fuel to repair and learn
- Try to get regular sleep each night, and if you need it, take short naps to keep going



5) SOCIALIZE: Get out and have fun

- Take time to relax, build social skills, and become more comfortable with yourself
- Try new things! Join a club or a team, try out for student government, or take a class
- Volunteer in your school or community to give back – helping others makes life great
- Surround yourself with awesome people who support you and challenge you to be the best **YOU** you can be



6) REACH OUT: Know when to ask for support

- Know that it is okay to need and ask for support! Friends, family, and community/ university services are there to help in times of need – **you are not alone**
- Give thanks daily and be honest with yourself if you need help
- **If you are in immediate distress, call the Mental Health Help Line: 1 (877) 303-2642**