

7 rules of healthy mental hygiene



1. Think about your wellbeing:

Make sure you sleep enough, you have enough fresh air and you eat well.

2. Move:

Find a physical activity you like that makes you feel good.

3. Make time for your own emotions and feelings:

Take time off the screens, laptops and TV.

4. Be part of a group:

Spend time with people that make you feel good.

5. Keep realistic expectations from your moods:

Being in a bad mood and not seeing things positively is normal (but if the bad mood has been going for a few weeks, seek help).

6. Set reachable goals:

Set goals that motivate you rather than overwhelm you.

7. Be kind to yourself:

If you find yourself in a difficult situation, take a deep breath and try to talk to yourself as if you were talking to a good friend.



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