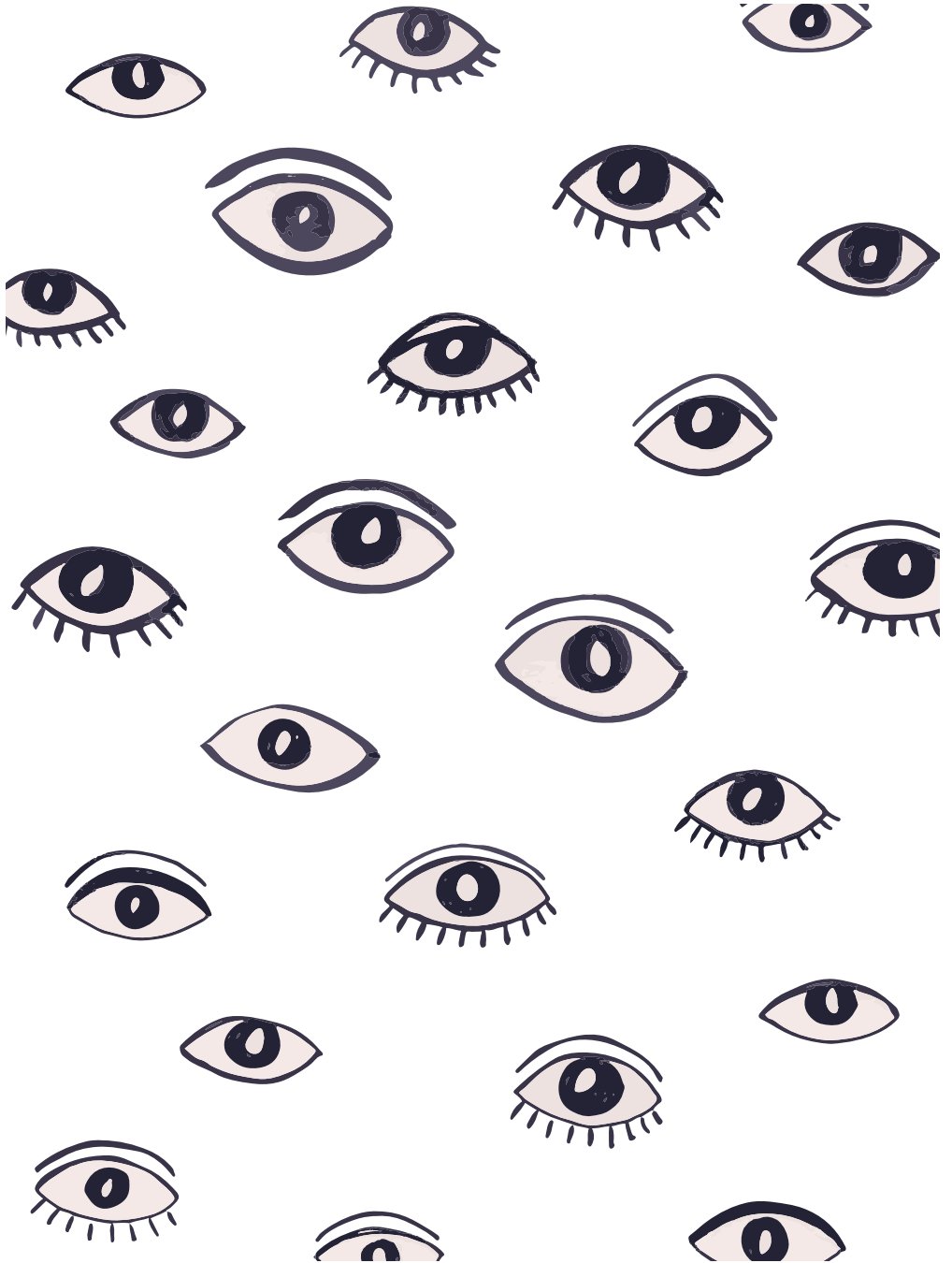


HOW TO TAKE CARE OF YOUR MENTAL HEALTH





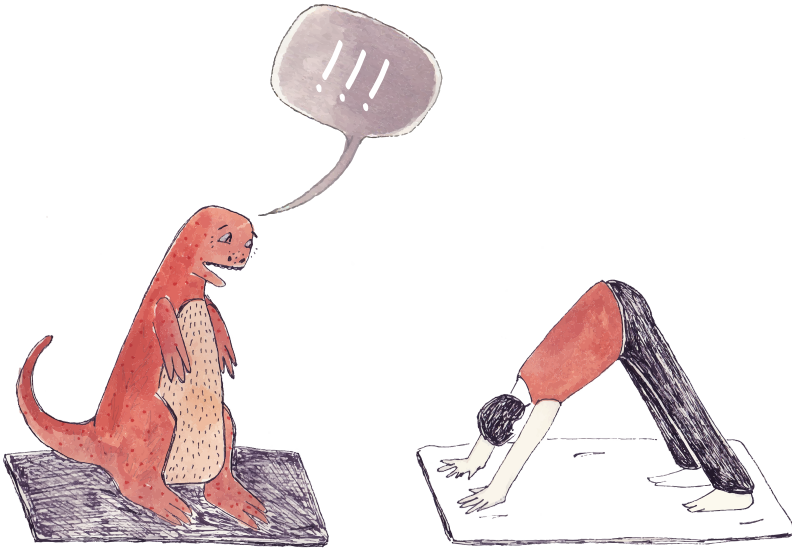
WHEN IT COMES TO
PHYSICAL FITNESS, WE
KNOW HOW TO KEEP WELL.
BUT HOW DO WE
TAKE CARE OF OUR
MENTAL HEALTH?



HERE ARE SOME TIPS TO TRY!

EXERCISE

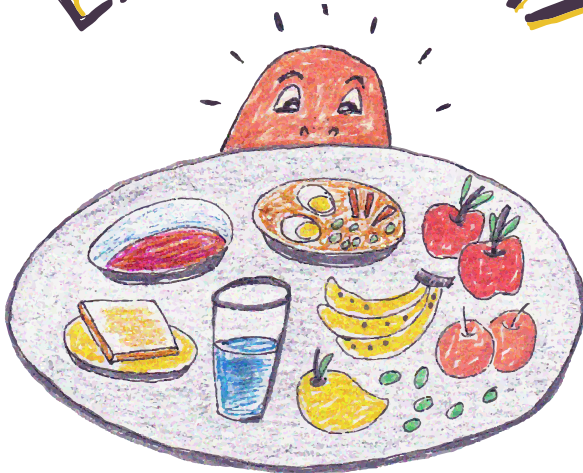
TRY AND INCORPORATE MOVEMENT INTO YOUR DAILY ROUTINE.
STRETCH, WALK, RUN, LIFT WEIGHTS - WHATEVER YOU LIKE!
SEE IF YOU CAN WORK UP TO 30 MINUTES OF EXERCISE EACH DAY.



START SMALL!

EVEN FIVE MINUTES IS GOOD FOR YOU!

EAT HEALTHY




FOOD AFFECTS OUR MOOD!

.....

OUR BODY AND MENTAL HEALTH RESPOND TO WHAT WE EAT AND DRINK. EAT REGULAR AND HEALTHY MEALS AND STAY HYDRATED THROUGH THE DAY.



EAT BREAKFAST, DRINK LOTS OF WATER AND MANAGE YOUR CAFFEINE INTAKE. DOES FEELING STRESSED OR ANXIOUS MAKE YOUR TUMMY FEEL ALL UPSIDE DOWN? YOU CAN TRY SOME RELAXATION METHODS LIKE DEEP BREATHING.

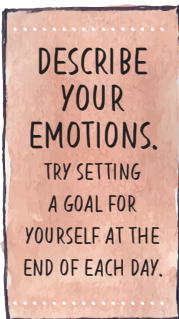


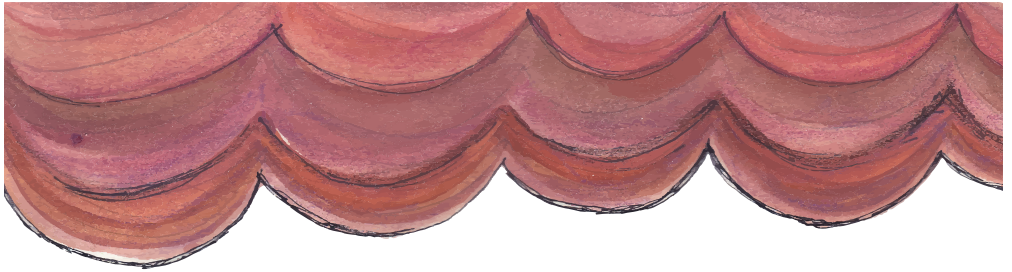
POSITIVE JOURNALING

BETWEEN BALANCING SCHOOL,
COLLEGE OR WORK AND ALL THE OTHER
RESPONSIBILITIES YOU HAVE, IT CAN
BE EASY TO FORGET TO TAKE CARE OF
..... YOURSELF

WRITING DOWN YOUR THOUGHTS AND
FEELINGS EVERY DAY IS ONE OF THE
SIMPLEST WAYS TO PUT YOURSELF FIRST.

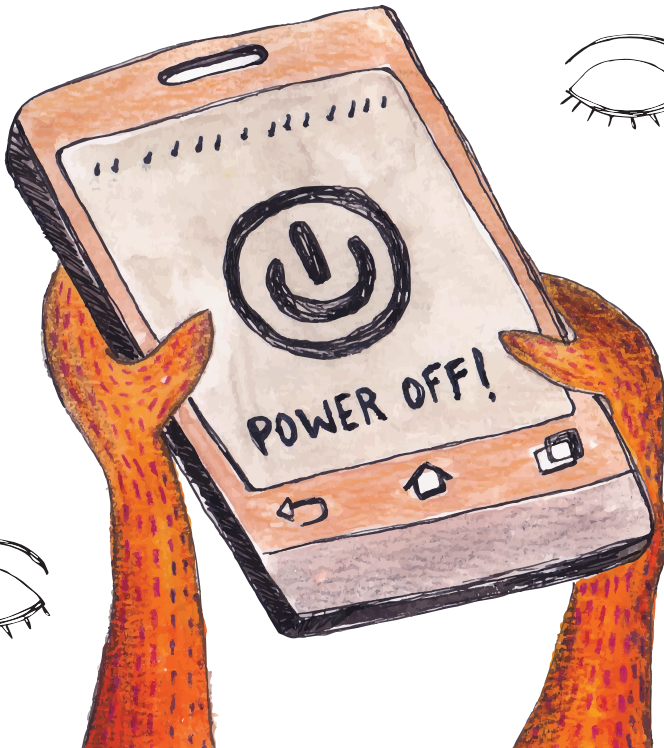
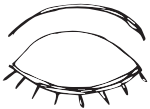
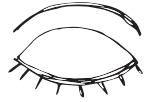
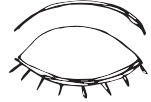
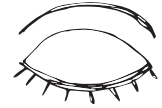


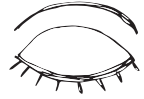
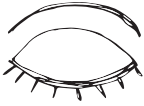




FOLLOW GOOD SLEEP HYGIENE

START BY CLOSING ALL SCREENS AN HOUR BEFORE BED. TOO MUCH SCREEN TIME CAN INTERFERE WITH THE QUALITY OF OUR SLEEP. AVOID CAFFEINE 5 TO 6 HOURS BEFORE BED. REMEMBER, THAT YOUR BED IS FOR SLEEP AND SLEEP ONLY! TRY TO WAKE UP AT THE SAME TIME EVERY DAY.



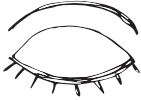


BREATHE

TAKING EVEN A LITTLE TIME EVERY DAY TO CHANNEL YOUR INNER PEACE
WILL GIVE YOU THE ENERGY TO ENJOY THE REST OF YOUR DAY.



- » PLACE ONE HAND ON YOUR BELLY AND THE OTHER HAND ON YOUR CHEST
- » BREATHE IN THROUGH YOUR NOSE AND FEEL YOUR BELLY RISE UP.
- » AS YOU BREATHE OUT, FEEL YOUR BELLY LOWER. THE HAND ON YOUR BELLY SHOULD MOVE MORE THAN THE ONE THAT'S ON YOUR CHEST.
- » TAKE FIVE - TEN MORE FULL, DEEP BREATHS.



BE KIND

TO OTHERS AND TO YOURSELF!
SHARE YOUR JOY WITH OTHERS.





BEING HELPFUL, KIND AND
GRACIOUS HAS A BENEFICIAL EFFECT
ON HOW WE FEEL ABOUT OURSELF.

TO BE VALUED
FOR WHAT WE DO IS A GREAT
WAY TO BUILD OUR
SELF-ESTEEM.




SHARE

TALKING TO SOMEONE WE TRUST ABOUT WHAT WE ARE GOING THROUGH CAN HELP US FEEL BETTER AND EVEN LOOK AT OUR WORRIES OR PROBLEMS THROUGH A NEW LENS. TALKING IS OFTEN THE FIRST STEP TOWARDS FEELING BETTER, BUT IT CAN BE HARD TO KNOW HOW TO START OR WHOM TO TURN TO.






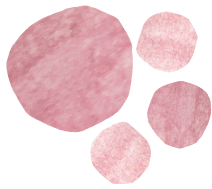

THERE ARE MANY OPTIONS FOR SEEKING SUPPORT
AVAILABLE TO YOU.

- » REACH OUT TO YOUR SCHOOL / COLLEGE SUPPORT SERVICE
 - » TALK TO YOUR FRIENDS OR FAMILY
 - » TALK TO A DOCTOR OR A TRAINED THERAPIST
 - » FIND A MENTAL HEALTH NGO
 - » CALL A HELPLINE
- 

IT IS ALSO IMPORTANT TO TAKE TIME TO
UNDERSTAND YOURSELF, TAKE BREAKS AND
DO THINGS THAT YOU ENJOY!



SELF-CARE IS NOT SELFISH!
IN REALITY, WITHOUT SELF-CARE WE HAVE
LITTLE OF OURSELVES LEFT TO GIVE TO
ANYONE ELSE.







DESIGN AND ILLUSTRATIONS BY :
ISHITA MEHRA



This booklet has been created by It's Ok To Talk,
an initiative by Sangath.

It's Ok To Talk engages young people in conversations about their mental health through social media, leadership programs, public events and workshops. **We believe that talking about mental health is the first step to breaking the stigma.**

Our website **www.itsoktotalk.in** is a safe space to share your experiences with mental health, mental illness and wellbeing.

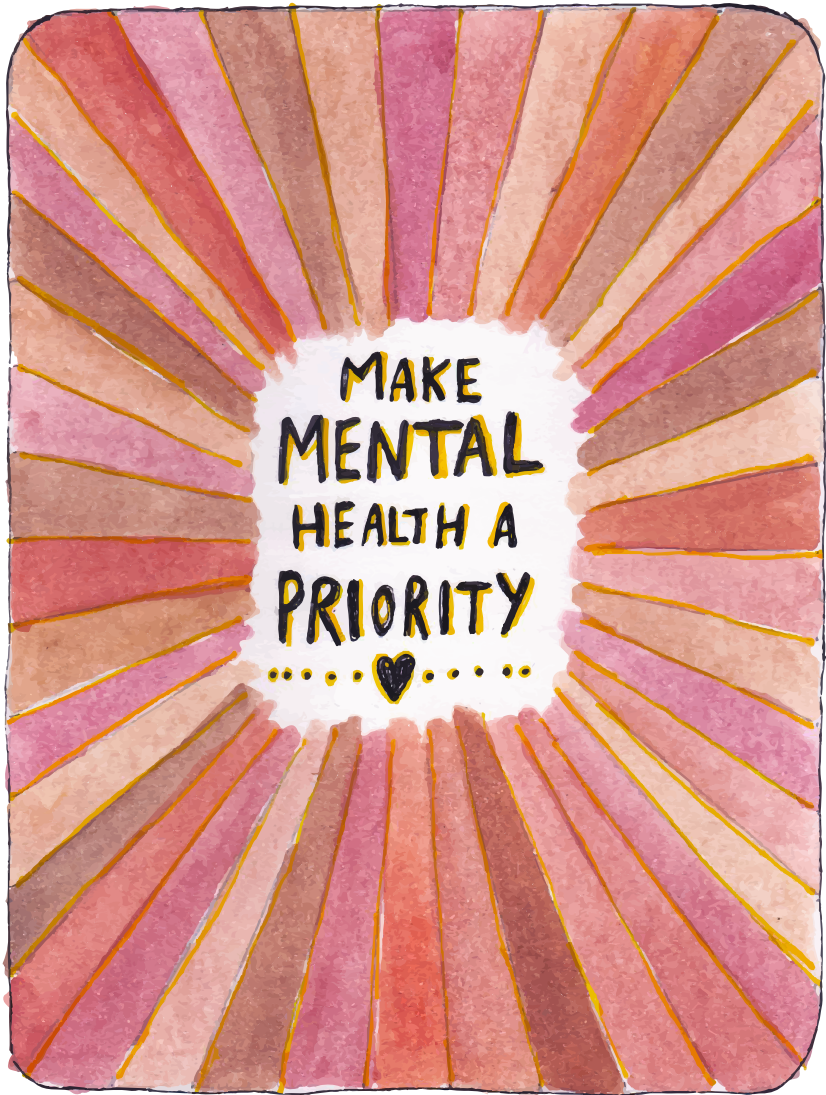
If you have a mental health story you'd like to tell,
send it to us at stories@itsoktotalk.in



It's Ok To Talk is implemented in collaboration with
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For more information, write to: info@itsoktotalk.in





WWW.ITSOKTOTALK.IN