



# MENTAL HEALTH TIPS

*Know yourself, grow yourself*

## BE CURIOUS OF EMOTIONS

Take notice of your emotions and thoughts, either as they come up or maybe later in the day. You can use techniques like meditation or journaling to help you make sense of what's going on.

## WHAT IS IMPORTANT

Reflect on what really matters to you. Are you ambitious, funny, kind, creative? Our beliefs can evolve and grow as we get older and have new life experiences, so if you're feeling lost or confused, take a moment to think about what drives you.

## FEEDBACK

Other people we know can often see things about us we miss. Sometimes these can be areas to develop, and sometimes it's our strengths. Either way, it's great to have a friend, family member or teacher that can help spot our blind spots.

## GET CREATIVE

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you're feeling blue, painting might help. If you're feeling happy, song and dance could be the creative outlet for you.