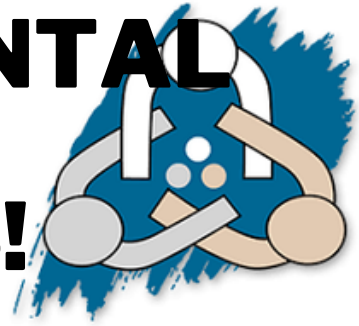




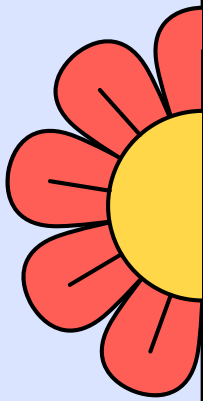
# YOUR MENTAL HEALTH MATTERS!



## Teen Guide to Mental Health and Wellness

### Break the Stigma!

Did you know 1 in 5 children experience a mental health disorder? It's important to create acceptance and break the stigma!



### Recognizing Signs of Teen Burnout:

Being a teenager isn't always easy. Burnout can look differently for everyone. Some signs of burnout are depression, anxiety, insomnia, change in eating habits, physical pain, health issues, emotional behavior, and engaging in risky behavior.

### 5 ways you can help break the stigma:

- **Know the facts.** Educate yourself, friends, and family about mental health, including substances.
- **Be aware of your attitude and behavior.** Reflect and become aware of your values and biases.
- **Choose your words carefully.** The way we speak can affect the attitude and impact others.
- **Educate others.** Pass on facts and positive attitudes!
- **Focus on the positive.** Mental illnesses, including addictions, are only part of a person, not who they are as a whole. Treat everyone with respect and offer support and encouragement!

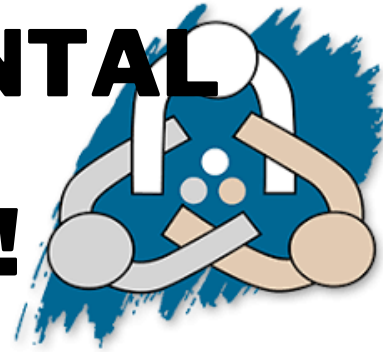
### How to help deal with burnout:

- **Talk to someone,** let your stress out!
- **Self care.** Make time for things that make you happy.
- **Food is fuel!** Make sure to incorporate nutritious foods into your meals to give you more energy.
- **Positive Self-Talk.** Encourage and remind yourself that you are capable of everything you set your mind to.
- **Get outside:** Sunlight, fresh air, and nature are great ways to boost your serotonin and help you reconnect.





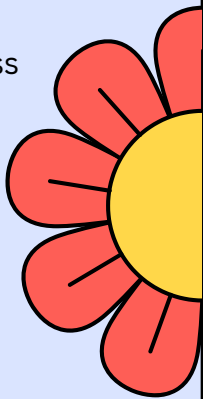
# YOUR MENTAL HEALTH MATTERS!



## Teen Guide to Mental Health and Wellness

### Setting boundaries with friends:

- **Communication is key!** Express your feelings calmly and assertively. If they're good friends they'll respect your boundaries!
- **Know your limits.** It's great to be there for your friends, but make sure you're not sacrificing your own needs. Find a balance that works for you!
- **Embrace change.** As teens get older, friendships may go through changes. It's important to adapt and grow together. Be open to new experiences, new ideas, and new people but always stay true to your values and boundaries!



### Less Screen time, More You time

Have you noticed how much time you spend on your cell phone, tablet, or computer? There are many strategies to cut out screen time, but it can feel challenging for many people, here are some steps to consider:

- Turn off notifications for unnecessary apps.
- Set screen time amounts.
- Set the phone to "DO NOT DISTURB" while driving, working, or at bedtime.
- Set your phone away from your view (i.e., in your bag or a different room altogether).

### Online Safety:

Keep your phone/device locked with a pin or password. Don't respond to messages from numbers or people you don't know. Never text and drive. Remember the internet is a useful tool, be smart with what you're searching online!

