

Improving OUR MENTAL HEALTH



While we cannot control all aspects of our mental health, there are scientifically proven things we can try when we want to improve our mental health and increase our happiness levels. Test them out and see which ones work best for you!

- 1. Take care of your physical health.** Our bodies and minds are connected so taking better care of your body is the first thing to try.
- 2. Pay attention to your thoughts and emotions.** Ask yourself good questions like:
“Why I am I feeling this right now? What is causing it?”
“Are there any patterns to my thoughts and emotions?”
“Are my feelings proportionate to the situation?”
“What does this feeling want me to do?”
“What can I learn from this feeling?”
- 3. Learn some healthy coping strategies.** Becoming emotionally intelligent is an important part of life. There is a list of 50 on the webpage below. Print it out and put it in your room so it’s easy to find when you need it.
- 4. Connect with others often.** You could go on a walk with your parents, text someone you love, plan a party, or find a way to serve someone.
- 5. Start a gratitude journal.** There are so many physical, mental, and emotional benefits of gratitude, so set aside a few minutes a day to write down a few things you are grateful for.
- 6. Savor an experience.** Research shows that being in the moment increases our happiness levels.
- 7. Do something creative.** You can create order, beauty, connection, knowledge, positivity, momentum, or better health. The possibilities are endless!
- 8. Get help.** If you are worried about your mental health, reach out to a trusted adult. There are so many resources out there to help all of us improve our mental health, regardless of whether or not we have a mental illness.
- 9. Turn to the Savior.** He can comfort you when you are in pain, inspire you to find the help you need, and heal you.

Don't give up...don't you quit. You keep walking.
You keep trying. There is help and happiness
ahead. It will be all right in the end. Trust God
and believe in good things to come.

Jeffrey R. Holland

<https://www.theinspiredteen.com/youth-resources>

*PROMISE ME YOU'LL REMEMBER - YOU ARE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK.
CHRISTOPHER ROBIN*

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