



# Mental Health Support: 10 Top Tips

1. **Practice Self-Reflection:** Take time each day to reflect on your thoughts, feelings, and actions. Journaling can be a great way to do this.
2. **Set Personal Goals:** Identify what you want to achieve, both short-term and long-term. Setting goals gives you direction and a sense of purpose.
3. **Embrace Your Strengths:** Recognise and celebrate your unique talents and abilities. Focus on what you do well and build on those strengths. If you aren't sure, ask people who know you well what your strengths are.
4. **Learn from Mistakes:** Understand that making mistakes is a part of learning and growing. Use them as opportunities to improve and develop resilience.
5. **Stay Curious:** Keep an open mind and be willing to learn new things. Curiosity can lead to personal growth and new experiences.
6. **Practice Mindfulness:** Engage in mindfulness exercises like meditation or deep breathing to stay present and reduce stress.
7. **Build Healthy Relationships:** Surround yourself with supportive and positive people who encourage your growth and wellbeing.
8. **Take Care of Your Body:** Maintain a healthy lifestyle by eating well, exercising regularly, and getting enough sleep. Physical health is closely linked to mental health.
9. **Be Kind to Yourself:** Practice self-compassion and avoid being overly critical of yourself. Treat yourself with the same kindness you would offer a friend.
10. **Seek Help When Needed:** Don't hesitate to reach out to trusted adults, friends, or mental health professionals if you're struggling.

Use resources and apps like [headspace.com](https://www.headspace.com), [calm.com](https://www.calm.com) or [happify.com](https://www.happify.com)



If you would like further help with children's mental health & well-being please contact

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*Thank You*

