



**MENTAL HEALTH IS THE  
MOST IMPORTANT  
ASPECT OF ANY CHILD'S  
SOCIAL AND COGNITIVE  
DEVELOPMENT**

**We're here to help**

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- **Stress Management**
- **Conflict Resolution**
- **Character Formation**
- **Express emotions in a healthy way**

**“One small crack does not mean that you are broken, it means that you were put to the test and you didn't fall apart.”**

- LINDA POINDEXTER

## 5 Aspects of Mental Wellness

1. Sleep: 8 hours of sleep. Make sure that you wake up and sleep at the same time every day.
2. What to eat: Include nutrient-rich foods such as fruits, vegetables, lean meats, and whole grains.
3. Physical activity: Workout for a minimum of 30-minutes every day. Playing outdoor sports also has similar benefits.
4. Hygiene: Shower every day. Brush your teeth twice a day. Always wash your hands before eating and carry a sanitizer if possible.
5. Relaxation: Have a proper schedule to relax. Meditation and short 20-minute naps are the most recommended relaxation techniques.

## Why Register

- I felt excluded.
- I felt powerless.
- I felt unheard.
- I felt scolded.
- I felt judged.
- I felt blamed.
- I felt disrespected.
- I felt a lack of attention.
- I felt I couldn't speak up.
- I felt lonely.
- I felt ignored.
- I felt I couldn't be honest.
- I felt like the bad guy.
- I felt forgotten.
- I felt unsafe.
- I felt unloved.
- I felt like it was unfair.
- I felt frustrated.
- I felt disconnected.
- I felt trapped.
- I felt a lack of passion.
- I felt uncared for.
- I felt manipulated.
- I felt controlled.

## What can you do

**“THERE IS HOPE, EVEN WHEN YOUR BRAIN TELLS YOU THERE ISN'T.”**

Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things. Express your feelings inappropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.

Think before you act. Give yourself time to think and be calm before you say or do something you might regret. Manage stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise. Strive for balance. Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life..