

Top tips to keep a healthy mind

Everyone worries sometimes, but this is normal.
There are lots of things you can do to help with your worries.

Write or draw
your worries

Speak to a trusted
adult- for example
your parents, carers or
teachers

Go and do an
activity you enjoy

Do some slow
breathing

Remember to
be kind to
yourself and
others

Think of 3
good things
about
yourself

