

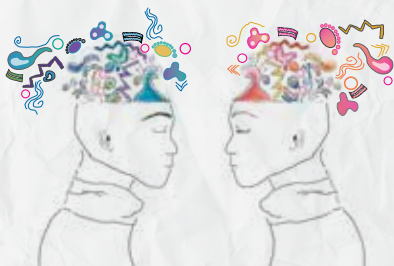
2018

Written by young people for young people

# LIFE HACKS

## MENTAL HEALTH LIFEHACKS

for looking after you & supporting friends with mental health



### Mental Health LifeHacks for looking after your own mental health

- 1 Be kind to yourself
  - 2 Do activities you enjoy doing
  - 3 Talk to someone about how you feel
  - 4 Try to eat well, exercise & rest
  - 5 Spend time with your friends
  - 6 Keep a journal or a blog
  - 7 Try to focus on the bigger picture
  - 8 Learn more about mental health
  - 9 Try to stick to a daily routine
  - 10 Ask for help if you need it
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### Mental Health LifeHacks for looking after a friend with mental health

- 1 Look after yourself first
- 2 Try not to judge your friend
- 3 Make time to listen
- 4 Learn more about mental health
- 5 Spend time with your friend doing fun stuff
- 6 Encourage your friend to make healthy choices
- 7 Don't let their issues dominate your friendship
- 8 Let your friend know that you care
- 9 Be aware of changes to their mood
- 10 Encourage your friend to get help