

# Mental health is about the way we think and feel and our ability to deal with the ups and downs of life.

Bullying Problems

Exam Stress

## TOP TIPS

### Take up a hobby

- Do something creative like painting, baking or drawing. It doesn't have to be a masterpiece, just enjoy. Reading a book or listening to music is also a good distraction from things that are worrying you.

**Keep active** - Go for a walk or get off the bus one stop earlier, enjoy the outdoors.

**Make sure you get a good night's sleep** - Take a bath in the evening to help you relax and switch off your phone before going to bed.

**Eat well and keep hydrated** - Avoid skipping meals. Reduce the amount of high sugar foods and drinks with caffeine. Remember, water is the best drink and it's free.

**Take a break** - Even five minutes to go outside and get some fresh air can help.

**Do a tech check** - Switch off your phone for a short time each day. They are good for keeping in touch but can make people feel stressed or you may feel upset by things you read and see.

Death of someone

Relationship problems

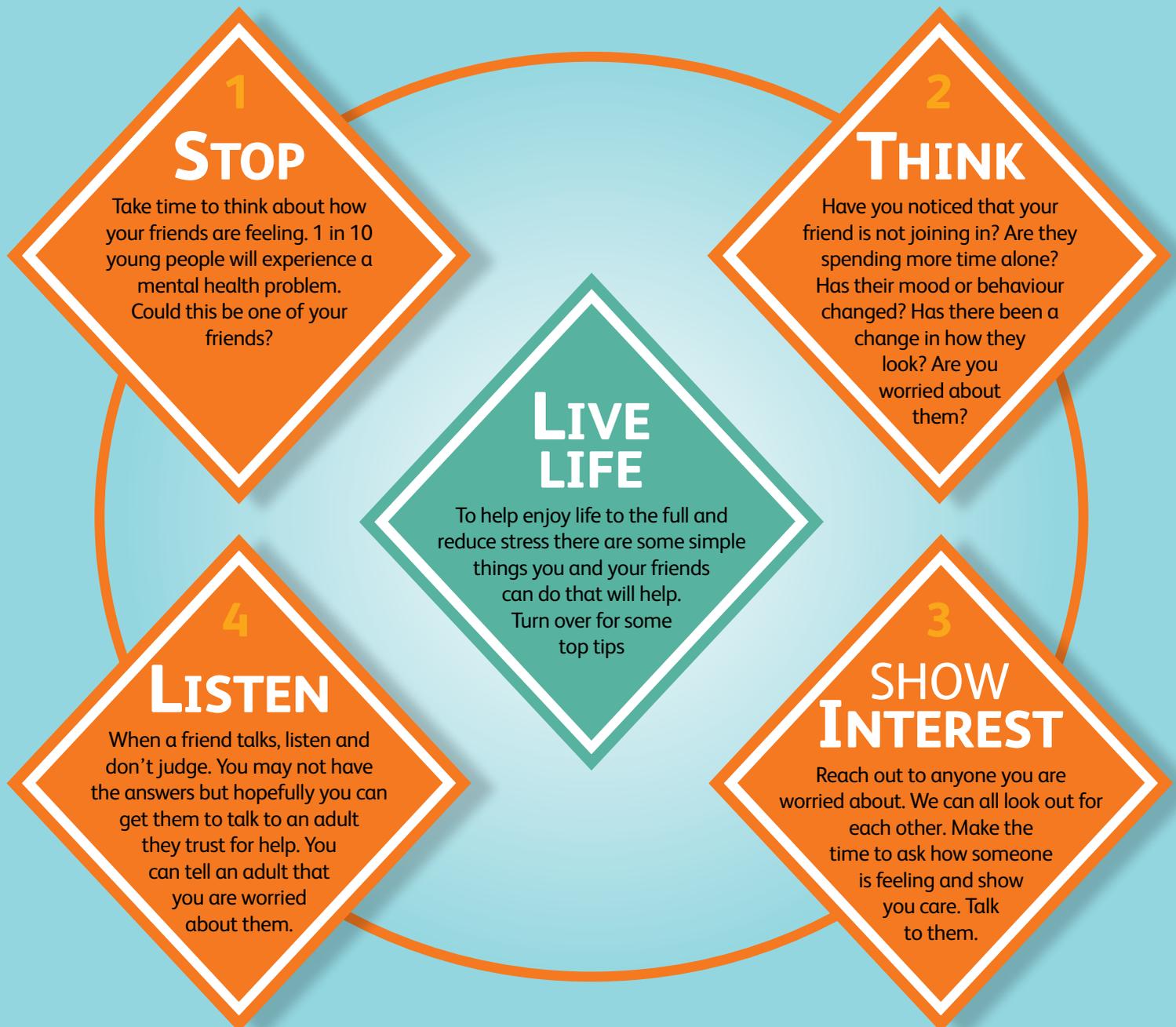


My Mind Matters

For help and support for you and your friends visit:

[mymindmatters.org.uk](http://mymindmatters.org.uk)

**STILL** is Rotherham's campaign encouraging all young people to stop, look, listen and reach out to friends who may be experiencing a mental health problem.



**Talk to each other or an adult you can trust.  
You are never alone!**

**Find help here:**

- ◆ [www.mymindmatters.org.uk](http://www.mymindmatters.org.uk) for information and details of local services
- ◆ [www.childline.org.uk](http://www.childline.org.uk) or telephone free on 0800 1111
- ◆ [www.nspcc.org.uk](http://www.nspcc.org.uk)
- ◆ [www.papyrus-uk.org](http://www.papyrus-uk.org) for the prevention of young suicide.  
Tel: 0800 068 41 41, Text: 07786 209697