



Cultivating Positive Mental Health

When You're Feeling Down... Try This:



Move Your Body!

- Stretch or take a short walk
- Moving our bodies reduces cortisol and increases endorphins

Gratitude & Kindness

- Reflect on 3 things you're grateful for
- Send a kind message to a friend
- Perform a small act of kindness



Connect with Nature

- Step outside for fresh air
- Even just 20 minutes outside can lower our stress levels and improve focus

Practice Self-Compassion

- Be as kind to yourself as you are to a friend
- Acknowledge feelings instead of pushing them away
- Use the positive affirmations included in this kit! *



Emotional Regulation

- Check the facts: Is your thought true?
- Try progressive muscle relaxation: tense & relax muscle groups



If You're Feeling Anxious or Overwhelmed...
Try This:

Grounding Exercise

5-4-3-2-1 technique to bring yourself to the present :

- **5** things you can see
- **4** things you can touch
- **3** things you can hear
- **2** things you can smell
- **1** thing you can taste



Seek Support

You're not alone. Reach out to a friend, mentor, or mental health professional. **Talking helps!**



- Book an appointment with a Peer Wellness Coach to gain skills and enhance your wellbeing!

Sleep & Rest Reminder

- Aim for **7-9 hours of sleep** per night
- Create a wind-down routine (dim lights, limit screens, journal)



Visit our Goodnight
Huskies Booklet!



Your mental health matters—small steps make
a big difference!