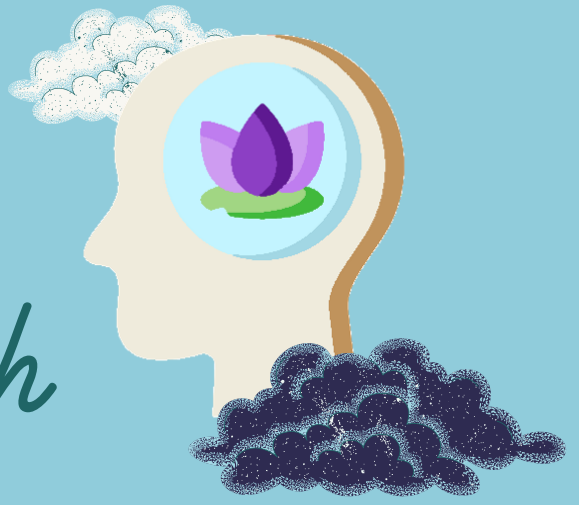


# About Mental Health



During this Covid-19 pandemic, taking care of our mental health has become more important than ever. But what is mental health?

## What is Mental Health?

Mental health ranges anywhere from our emotional to social to psychological well-being. It affects our thoughts, feelings and actions.

## For Teenagers...

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. However, because of a lack of awareness and stigma around this subject, many teenagers overlook their mental well-being.

## What to Look Out for?

- Lacking motivation to do certain things.
- Feeling more anxious and agitated than usual.
- Suddenly having abrupt mood swings or outbursts.
- Feeling sad more often than before.
- Losing interest in day-to-day activities.
- Having trouble sleeping.
- Often losing your appetite.

*Being Aware Of Your Mental State Is The First  
Step Towards Better Mental Health!*

Created by Bali Mulai in collaboration with SeeChange  
Information Sources :  
MentalHealth.gov | [www.mentalhealth.gov](http://www.mentalhealth.gov)  
MH-Psychiatry 2021 | [mentalhealth.peersalleyconferences.com](http://mentalhealth.peersalleyconferences.com)  
American Psychiatry Association | [www.psychiatry.org](http://www.psychiatry.org)

# Taking Care of Yourself

Covid-19 Edition

Small steps  
can make a big  
difference!



## DO MEDITATION

or do yoga to keep your mind and body healthy.



## GO OUTSIDE

regularly to keep your body active and to get fresh air.



## START JOURNALING

to acknowledge and track your emotions, your thoughts and things that make you happy.



## TALK TO SOMEONE

you trust about how you feel. Don't be afraid of opening up about your emotions.



## FOLLOW A ROUTINE

and try to keep as much of a regular schedule as you can and take breaks from screens.



## FIND A NEW HOBBY

or find a way to continue an old hobby to do something you enjoy.

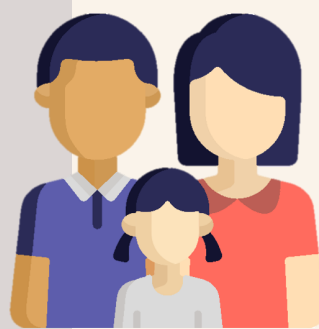
# TAKING CARE OF YOUR MENTAL HEALTH COVID-19 EDITION

*By teenagers, for teenagers*

## Activities with Friends and Family

### ***Family Time***

Spend time bonding with your family by cooking together, watching movies, watching sports games or playing board games!



### ***Meetings with Friends***

Plan regular online meetings with friends to keep in touch. Use platforms like FaceTime, Zoom, WhatsApp, Instagram or join.me to connect with them!



### ***Games with Friends***

Play free online games with your friends while calling them! Try the following games :

- [skribbl.io](https://skribbl.io)
- [backyard.co](https://backyard.co)
- [chess.com](https://chess.com)

Use [netflixparty.com](https://netflixparty.com) to watch movies together!



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