

GOOD MENTAL HEALTH FOR KIDS & TEEN

Good Mental Health For Kids And Teens

What Is Mental Health?

It has to do with how you think, feel, and act.

Kids and teens with good mental health:

- Have a positive attitude - they look forward to the challenges in life.
- Feel good about themselves and others.
- Act responsibly at school, and in their family and social relationships.

Self-esteem is one key to good mental health.

You Can Build Your Self-Esteem By:

- Identifying your strengths and weaknesses, and learning to work with them.
- Being willing to improve.
- Doing your best, without putting too much pressure on yourself.
- Setting your own goals, and not comparing yourself to others.

Handling stress in a positive way helps you have good mental health.

Learn To Cope With Stress By:

- Limiting stressful situations.
- Organizing your time.
- Connecting with positive, supportive family/friends.
- Learning relaxation techniques.
- Keeping your body healthy.

Even people with good mental health feel down sometimes. Remember, seeking help is a sign of strength, not weakness!



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