

Mental Health

is just as important as

Physical Health

Practice coping strategies for everyday well-being



Breathe,
Stretch
and Relax



Physical Activity:
Walk,
Play a Sport,
Ride a Bike


Stay
Hydrated
and Eat Healthy
Foods



Get a
good
night's
sleep



Find a hobby:
Read, Paint,
Dance, Sing



Hang out with
Friends:
Go to the park,
a movie,
or a game night

Mental Health Resources:



School Counselors:

Mrs. Hallum- Front Office

Mrs. Dahle: Rm 903

Crisis Text Line: Text "TALK" to 741741

Suicide & Crisis Lifeline: 988

