

# 12 Ways to Boost Your Mental Fitness

## Have courage to be imperfect.

Everyone has flaws and imperfections. Have the courage to accept and work with yours! Trying to be perfect is a waste of time; perfection doesn't exist. Instead, be true to who you are and always do your best.

## Spend time with people who make you feel good.

Good friendships and family relationships are very important.



## Remember, this too shall pass.

Try not to be negative about things. Focus on things you can control.



## Take time for yourself.

Make time to do things you enjoy.



## Laugh out loud each day.

Laughing reduces stress levels. Look for chances to giggle!



## Talk out your troubles.

Let your friends and family know when you're having a bad day.



## Join a club or activity.

Being involved in activities can help keep you to be physically fit and boost your mental well being.



## Get your Zzzz's.

You will feel able to handle stress when you've had a good night's sleep. Go to bed earlier and learn tips on how to improve your quality of your sleep time.

## Take time to focus on the good things.

Focus on the good in life such as things you are grateful for and the things you love, like your family or pets for example.

## Be active everyday

A healthy body helps to create a healthy mind!



## It's all about teamwork.

Learn to ask for help and how to accept help. No one can do everything alone!



## Give yourself some headspace

Take some time for yourself to clear your head, go to your favourite place or write down some thoughts and worries. Your mind needs some down time.