

Suggestions on Managing Mental Health



VALLEY NOBLE

Self-Care

Make time for activities that bring you joy - reading, gardening, hiking, walking, etc. Exercise regularly, get enough sleep & eating healthy.



Connection

Building & maintaining meaningful relationships. Surround yourself with supportive friends & family.

Mindfulness & Meditation

This can help us stay grounded! It helps us focus on the "here & now". Research shows that these techniques help lower stress-levels & anxiety.



Mindfulness & Meditation

Sometimes talking to family and friends is not enough to help us. There are therapists, counsellors, and psychiatrists that can provide guidance.



Emotional Awareness

Being able to recognise the emotions you are feeling, and validating those emotions. It's normal to feel a wide range of emotions, and acknowledge those emotions.



Balance & Boundaries

It is important to create a healthy balance in life, and setting boundaries. This is so there is no overexertion, and we are not neglecting ourselves.



Educating Ourselves

Knowledge is power! Understanding the basics of mental health is important. Making sure we stay informed and aware.

