

# Top tips to keep a healthy mind

Everyone worries sometimes, but this is normal. There are lots of things you can do to help with your worries.

Write or draw your worries

Speak to a trusted adult- for example your parents, carers or teachers

Go and do an activity you enjoy

Do some slow breathing

Remember to be kind to yourself and others

Think of 3 good things about yourself



## Key vocabulary

healthy worries enjoy remember trusted adult

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