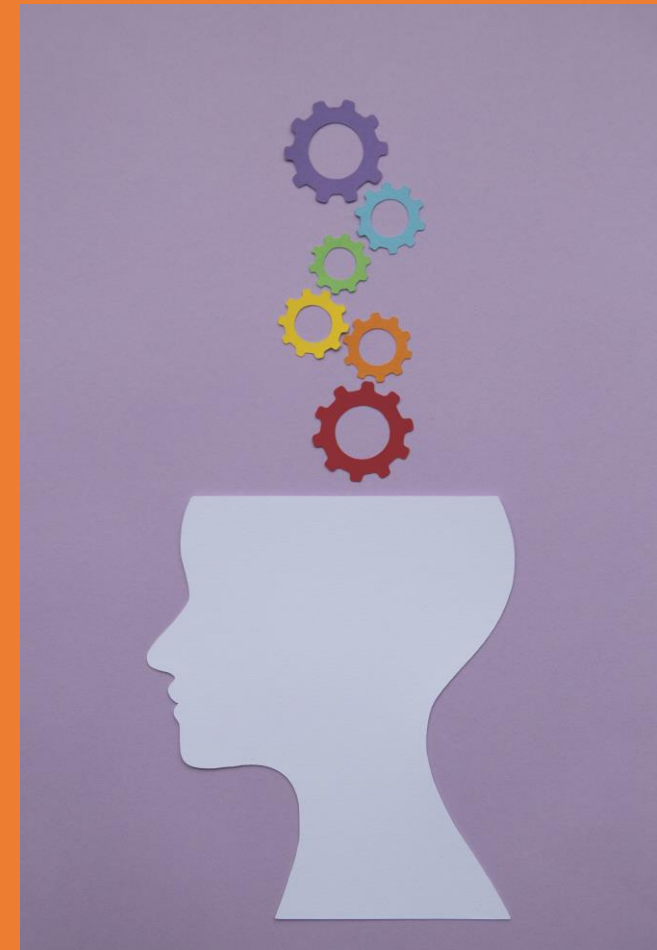# Top tips to improve your mental health.

1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

Catch it

Check it

Change it

2. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

3 Self-care and social media

Lots of us clock up some serious hours online, so let Jade Laurice and her friend KB share tips on how to avoid getting stressed from socials and what else they do to feel good.

https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/#videos

4. Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel.
Hear how MC Malik exercises to ease stress, and how setting goals with his mates helps him stick to a regular routine. Any exercise can really boost your mental health.

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Well-being Hub

- Open at break and lunch.
- During lessons it's used for interventions.
- It provides a quiet place to chat or take part in craft sessions,
- Read a book or just relax.