

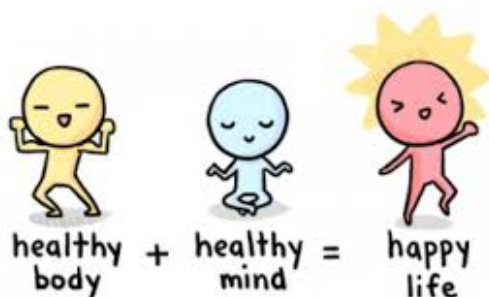
BODY & MIND

THINGS YOU CAN DO TO HELP!

- **EXERCISE:** Your mood improves! You'll feel better about yourself and your energy levels will increase. All of this can help you destress
- **BREATHING EXERCISES**
- **VISUALIZATION/YOGA/MEDITATION**
- **PROGRESSIVE MUSCLE RELAXATION**
- **BE CREATIVE:** By being creative, you are allowing your mood to explore and wander; this allows you to alleviate stress and worry
- **DRINK WATER:** Find apps to help you keep track
- **EAT HEALTHY FOODS:** You will have more energy and feel good about yourself
- **REST/RELAX**
- **MUSIC/DANCE/SING**
- Learn to **FORGIVE** yourself
- Bring a **FRIEND!**

Your body and mind **CONNECT!**
To achieve over all wellness,
take care of **BOTH!**

HEALTHY BODY <-> HEALTHY BRAIN



SOME THINGS TO REMEMBER!!

CAFFEINE can **AGGRAVATE** panic and anxiety symptoms

PROCESSED FOODS, SUGAR, & ALCOHOL impact the mood and feelings of anxiety; they can contribute to low energy levels, nervousness and sleep disturbances

By putting harmful substances into your body, it can affect your mental health as well as your physical health.

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