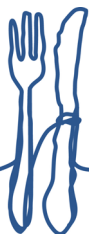# Youth in Mind's Top Tips

Eat Well!

Eating lots of healthy foods and drinking plenty of water is good for our minds as well our bodies!

Spend Time With Loved Ones!

Spending time with friends and family can really boost our mood. Do something fun or just chill out with the people you love and trust.

Help Others!

Helping out other people helps boost out mood as well as theirs. Try and do something nice for another person every day.

Sleep!

Getting around 10 hours of sleep is needed to make sure your energy levels are restocked ready to tackle a new day.

Be Active!

Exercising and being active releases chemicals to our brains that make us feel good. A healthy body helps keep a healthy mind.

Breathe!

Practicing some breathing techniques is a great way to calm the mind. Check out YouTube to learn some techniques.

Be Mindful!

Learning how to be mindful can help our minds to stop worrying about the past and the future. Focus on and appreciate the present moment. Check out some of the apps on our useful apps sheet.

Enjoy Something!

Doing something you enjoy can turn a bad day into a good day. Go out with your friends, watch your favourite film or read a book.

Open Up!

Talk to someone about how you are feeling or write your feelings down in a journal.

Tameside, Oldham and Glossop