



POSITIVE STRATEGIES

POSITIVE STRATEGIES are helpful when life gets tough.

It's important to have your own personal strategies to cope with relationship problems, study stresses, issues at work or home, or when you just feel low.

Having some positive strategies that work well for you will increase your ability to 'bounce back' during hard times.



"Taking things one step at a time, even though it sounds cheesy, I need to remind myself every day." Mia, 20

"Charging your phone and making sure you keep on top of stuff." James, 19

"Mind over matter." Isabelle, 21

"You don't have to do things perfectly." Jess, 20

WHAT CAN I DO?

- Talk to someone you trust. You aren't alone.
- Take a break from things that are stressing you out.
- Do an activity you enjoy like drawing, walking or listening to music.
- Exercise and eat well. Looking after your body will help you feel better.
- Try some relaxation strategies like mindfulness and meditation.
- Remind yourself of just how awesome you are! You've got this!

