



# MENTAL HEALTH: How to Cope

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# ☆ COPING ☆



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Having and maintaining a healthy mindset is hard, but good coping mechanisms can help. Let's look at some motivation and ideas to get you going on your mental health journey...  
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STUDY  
HARD!  
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**“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”**

-FRED RODGERS



## EXAMPLES OF GOOD COPING MECHANISMS



### ART

If you enjoy any sort of sketching or painting activity, try putting pencil to paper when you become overwhelmed with anxiety.



### PHYSICAL ACTIVITY

Exercise can not only improve your self-confidence, but it also causes your brain to release dopamine, which makes you happy and helps you to feel less anxious



### MUSIC

Listening to music as well as making music yourself engages the neocortex of the brain, which can be calming and reduces impulsivity

## EXAMPLES OF NEGATIVE COPING MECHANISMS

1

### AVOIDING THE PROBLEM

People often avoid their problems because they're afraid. However, if you don't confront the fear, it will strengthen

2

### EMOTIONAL EATING

Eating can provide comfort and relief from your problems, but when it becomes a habit you can become at risk for diabetes or heart attacks

3

### SMOKING

Smoking has obvious negative health and financial implications. It may provide short term relief from a stressful situation, but it has negative long-term effects.




Your brain  
works hard...  
give it a break!



# SURROUND YOURSELF WITH THOSE YOU LOVE

Being around people, especially friends and family in whom you can trust your feelings with, is a great way to cope with any troubling times you may be going through.



"Just because no one else  
can heal or do your inner  
work for you

doesn't mean you can,  
should, or need  
to do it alone."

-Lisa Olivera



MENTAL HEALTH MATCH



## HOW WILL I KNOW IF SOMETHING'S WRONG?

WITHDRAWING FROM SOCIAL  
ACTIVITIES OR APPEARING DOWN  
FOR MORE THAN 2 WEEKS

SELF-HARMING ACTIONS SUCH AS  
CUTTING OR BURNING

THREATENING TO KILL HIS OR  
HERSELF OR MAKING PLANS TO DO  
SO

EXTREME OUT-OF-CONTROL, RISK-  
TAKING BEHAVIORS

SUDDEN OVERWHELMING FEAR FOR  
NO REASON

SEVERE MOOD SWINGS

# WHAT CAN I DO?

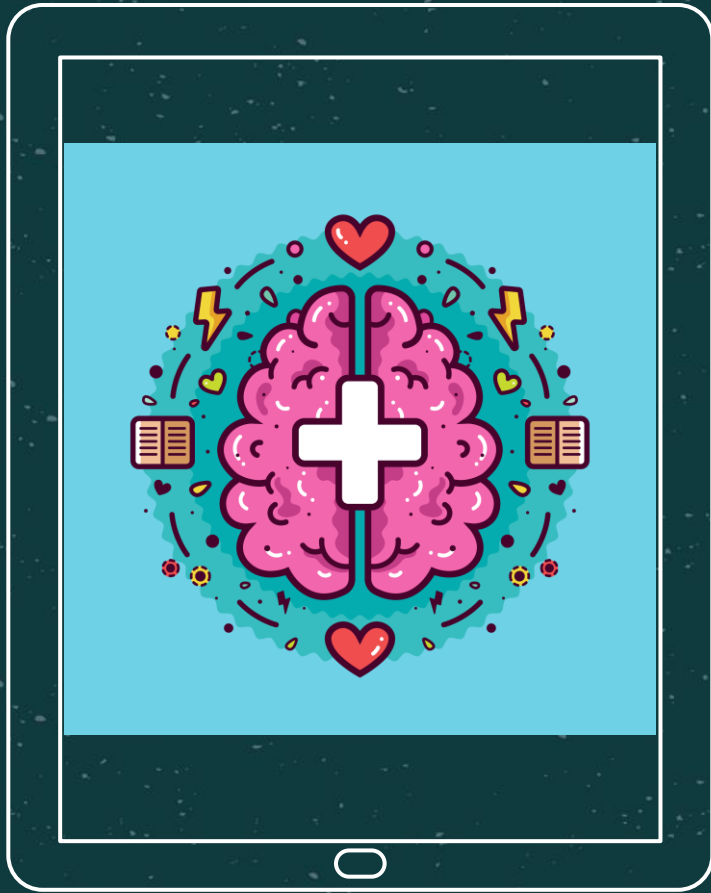
Observe any changes you see in you friend's behavior and share your concerns with them. Focus on being nonjudgemental, compassionate, and understanding. Use these "I" comments to get the conversation started:

- I've noticed you're [sleeping more, eating less, etc.]. Is everything ok?
- I've noticed that you haven't been acting like yourself lately. Is something going on?
- I worry to hear you talking like this. Let's talk to someone about it.



**“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, you are not the rain.”**

*- Matt Haig*



## MENTAL HEALTH IS IMPORTANT

There you have it!  
Staying educated on the  
importance of mental  
health in your own life  
and in the lives of others  
can be life saving.