



# 10 Tips for Mental Well-Being



**TEXT PLEDGE**  
RISE UP





**TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.**





## A Message From Our Founder

*Whatever you are feeling, those feelings are valid. Emotions have important messages to share. Paying attention to your feelings can make you more self-aware. Sharing your feelings helps other people to better understand you. Emotions also guide us to make healthy choices. We can pursue things that make us happy and use caution in scary situations.*

*Your emotions represent every part of you. Listening to your emotions help you navigate through all of life's challenges and triumphs. In this lesson, we will learn how to recognize our emotions and practice behaviors that promote mental well-being.*

*Need some help expressing yourself? **Helplines are always available at [TextPledge.us](https://www.textpledge.us) Or on the TextPledge***

*Happy Learning!*



**Ms. Naomi**

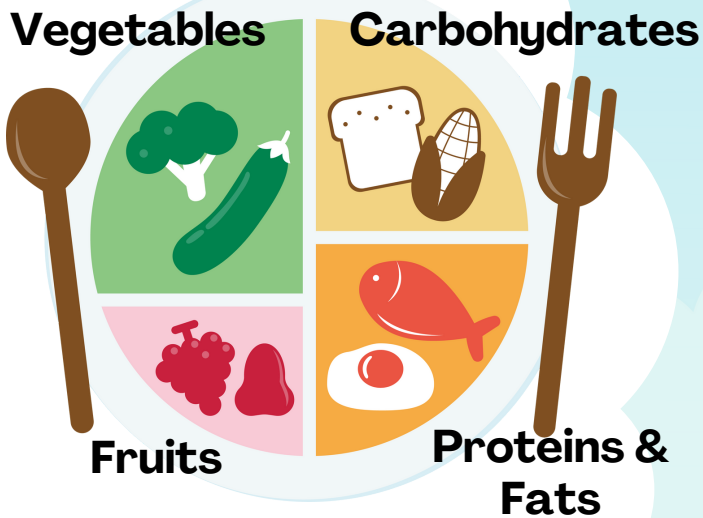
Founder at the TextPledge Project



# ONE

## EAT HEALTHY FOODS

Eating healthy foods and balanced diet will give you lots energy, maintaining good health, and can help you feel your best.



# TWO

## GET ENOUGH SLEEP

Z z z

Z

Z

Z



**9-12 hours**



Sleep helps improve mood, memory, and overall health.

Go to bed at the same time each night and get up at the same time each morning. Your body will adapt to a routine schedule



# THREE DRINK PLENTY OF WATER

Drink **5-8 glasses** of water to stay hydrated and boost energy.



## Waking Up?

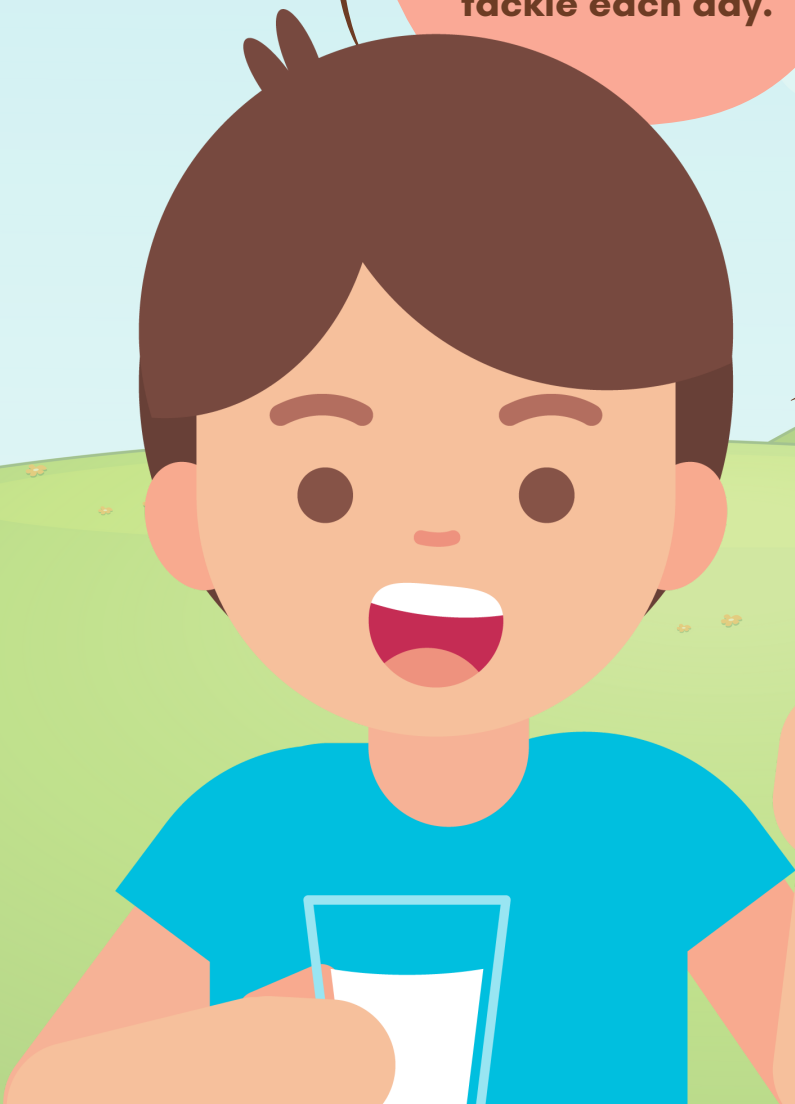
Drinking in the morning will give your body the hydration it needs to tackle each day.

## Feeling Tired?

Water can help your brain function better & restore your focus.

## Feeling Sleepy?

Water can help your body feel a little more rested the next day.



# FOUR

## MOVE YOUR BODY

Movement can help us feel more energetic throughout the day, sleep better at night, and feel more relaxed and positive about ourselves.



FIVE

# DO ACTIVITIES YOU ENJOY

Engaging in your favorite activities helps to relieve stress.

Choose to do these activities with a friend for added benefits.





# SIX

## PLAY MUSIC

Music can relax the mind, energize the body.

Listen to your favorite music and artists or try to play any music instruments.



# SEVEN

## **DON'T FORGET TO BREATHE**

Find a calm and quiet place to focus on your breathing and let your mind wander.



# EIGHT

## **SPEND TIME WITH OTHERS**

Spend time with the people you care about. Talk to the people you trust.



# NINE

## DAILY REFLECTION

Have an open mind. Accept your strengths and weaknesses. Be grateful. Do not be afraid to make mistakes.

Ask yourself  
**"what am I grateful for today?"**



# TEN GROWTH MINDSET

Let's make learning challenges an opportunity to grow.

**Say it with us:**

"I'll get better with practice."



"My classmates inspire me to study well."



"There's always room to improve!"



"Challenges allow me to grow."

"Mistakes teach me new lessons."



# mental health emergency?

Do you know someone who is struggling with mental health?

Call the Mental Health Crisis Helpline

**1-800-985-5990**

or Call 988





**TEXT PLEDGE**

RISE UP



**TEXT PLEDGE**

RISE UP

**A SMART PLEDGE PROGRAM  
DESIGNED WITH STUDENTS IN  
MIND**

[www.textpledge.us](http://www.textpledge.us)