



10 Tips for Mental Well-Being



TEXT PLEDGE
RISE UP

ABOUT TEXT PLEDGE



Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our 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, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website www.textpledge.us and the Text Pledge App available on iOS/Google Play.

NATIONAL SMART CARD

EMERGENCY HOTLINES
AND RESOURCES



FREE
DOWNLOAD

NATIONAL STATISTICS

UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



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FOR AGES KINDERGARTEN
THROUGH GRADE TWELVE.
AVAILABLE ON THE TEXT PLEDGE
WEBSITE AND THE MOBILE APP.



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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



WHAT IS MENTAL HEALTH?

Mental health **refers to our emotional and social well-being**. It affects how we think, feel, and act in different situations. It also helps determine how we handle stress, relate to others, and make healthy choices. See below for example activities that promote mental well-being.



Playing Outside



Singing and dancing



Playing with pets



Spending Time with Family



Exercising



Drawing or coloring



Eating healthy food



Reading

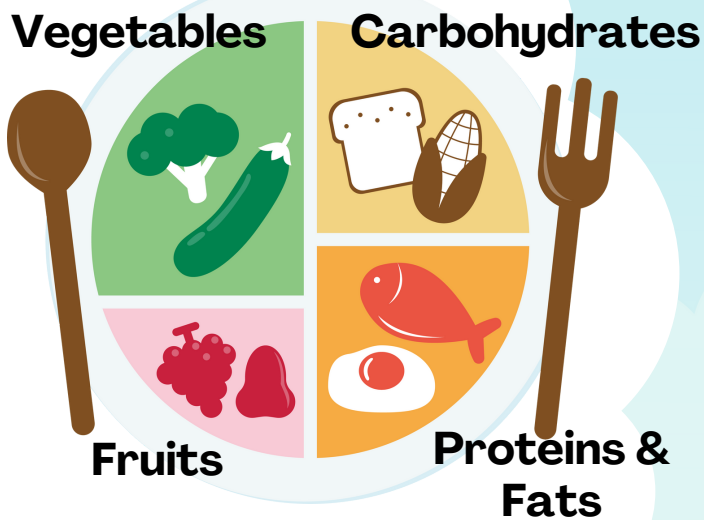


Getting enough sleep

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



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:

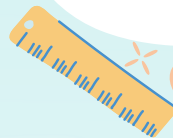
"I'll get better with practice."



"My classmates inspire me to study well."



"There's always room to improve!"



"Mistakes teach me new lessons."



"Challenges allow me to grow."



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





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

www.textpledge.us

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