

8 Tips for Mental Well-Being



TEXT PLEDGE
RISE UP



ABOUT TEXT PLEDGE

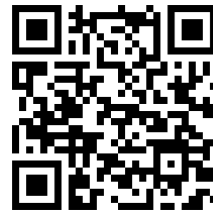


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak 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



VISIT OUR
WEBSITE

EDUCATION PROGRAMS

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



DOWNLOAD
OUR
MOBILE APP

WWW.TEXTPLEDGE.US





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



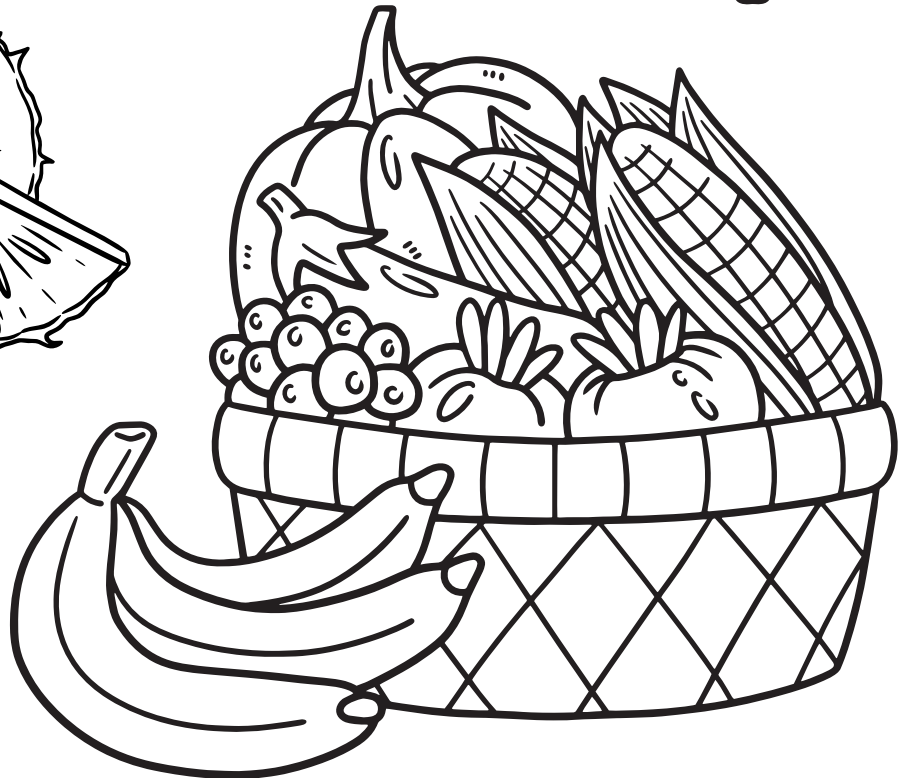
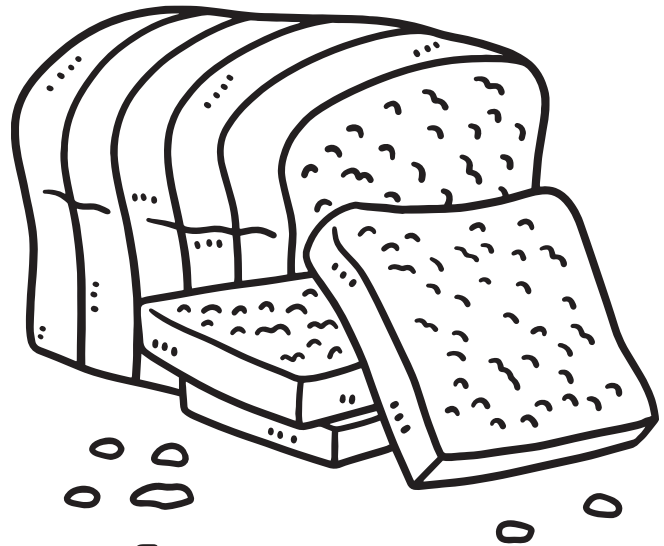
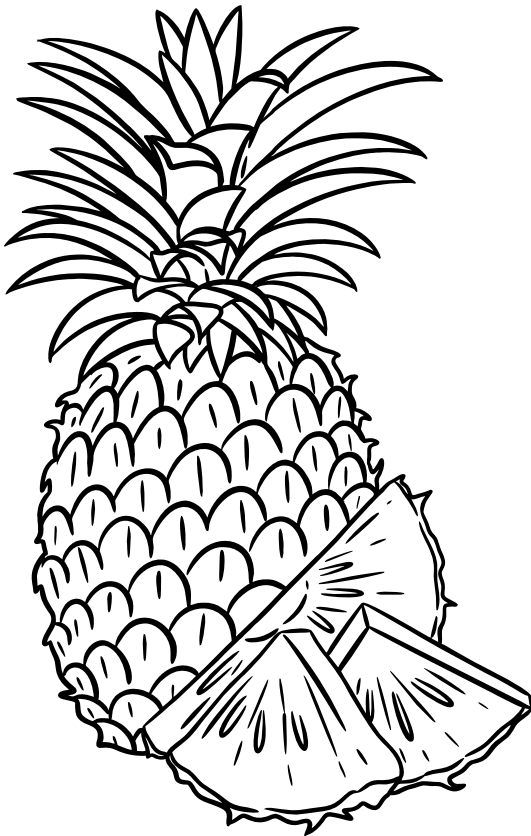


8 Tips for Mental Well-Being

MENTAL HEALTH TIPS

#1 EAT HEALTHY FOODS

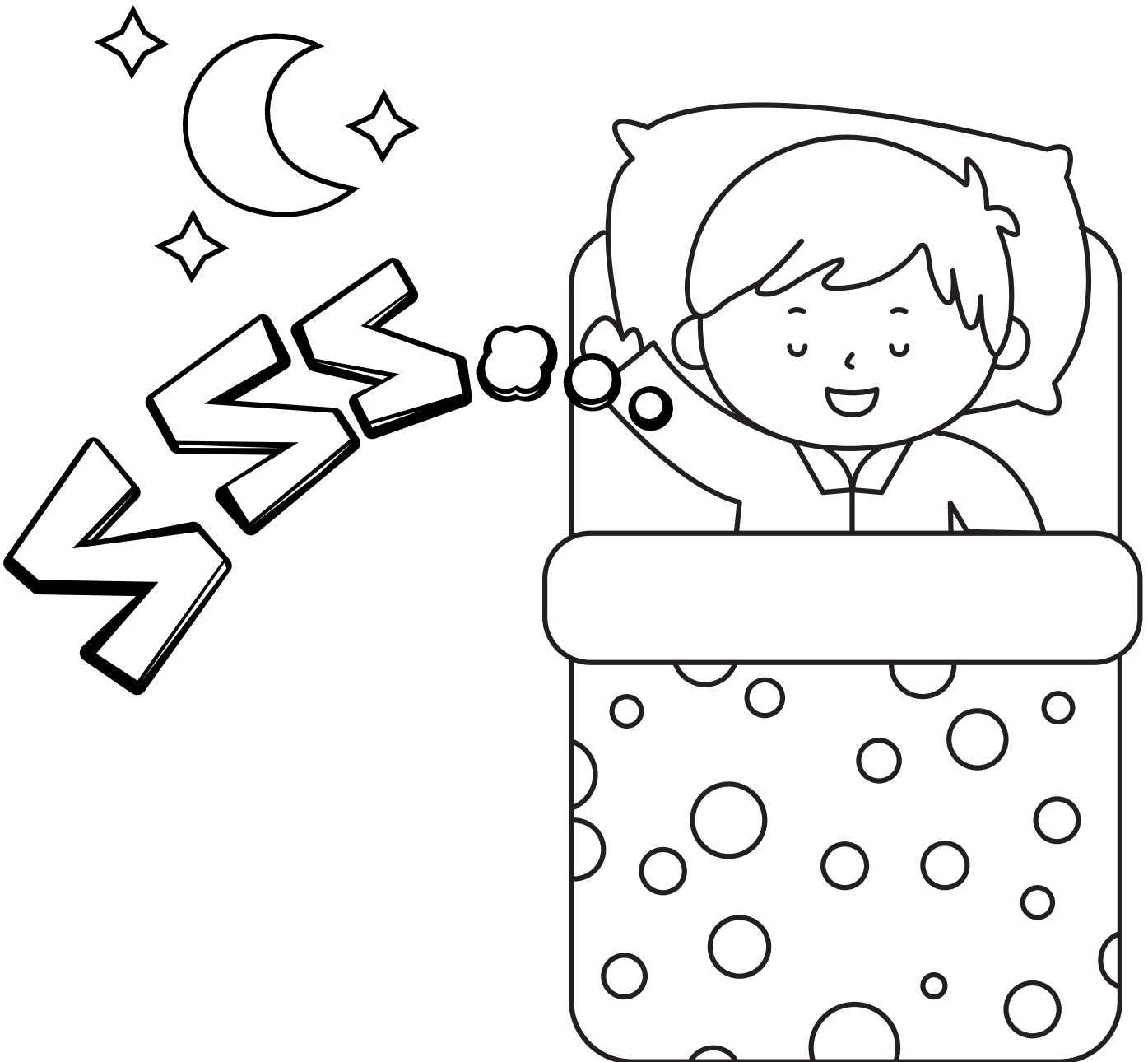
Eating healthy foods and balanced diet will give you lots energy, maintaining good health, and can help you feel your best.



MENTAL HEALTH TIPS

#2 GET ENOUGH SLEEP

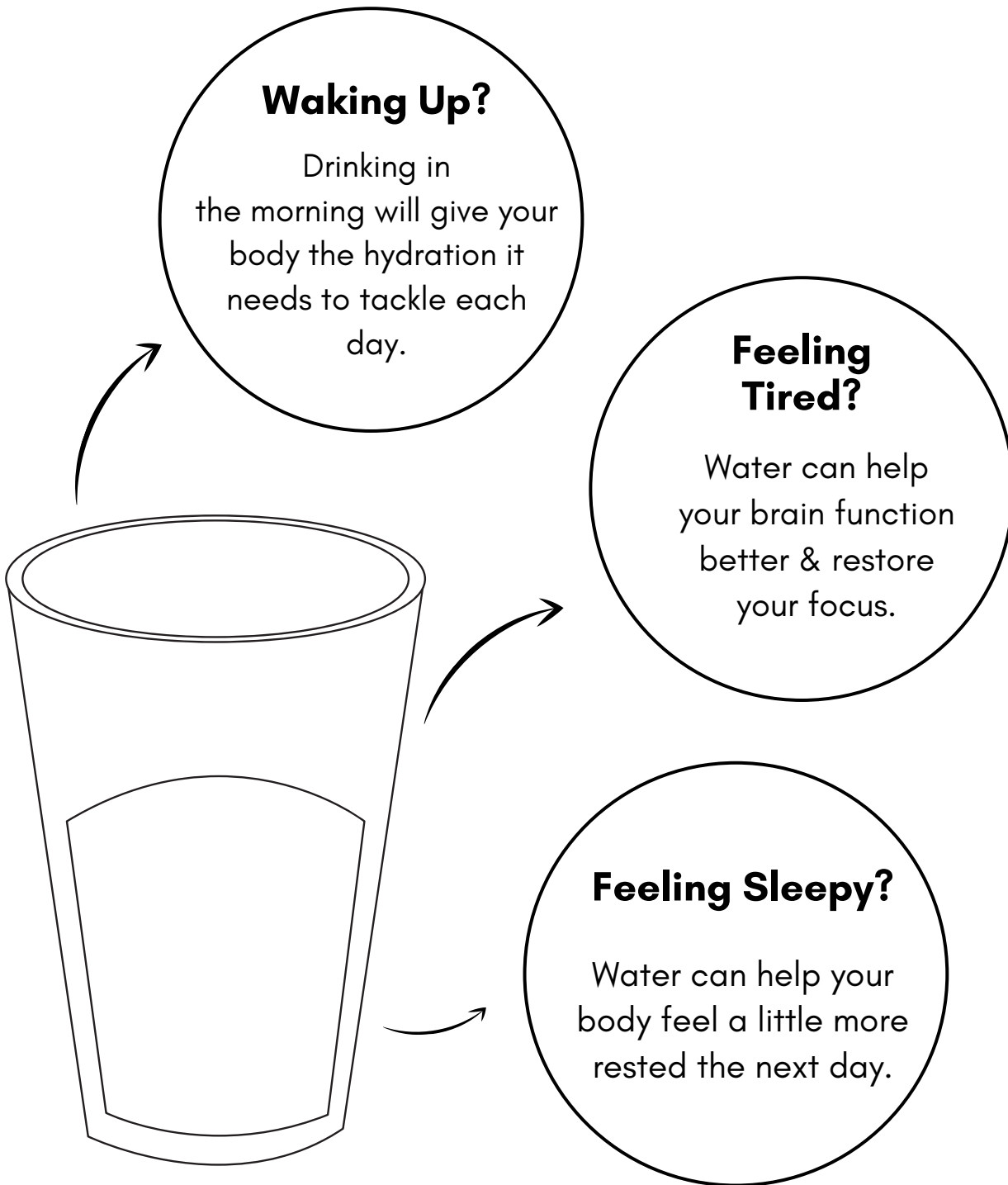
Sleep helps improve mood, memory, and overall health. Go to bed at the same time each night and get up at the same time each morning. Your body will adapt to a routine schedule



MENTAL HEALTH TIPS

#3 DRINK PLENTY OF WATER

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



MENTAL HEALTH TIPS

#4 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.



MENTAL HEALTH TIPS

#5 DO ACTIVITIES YOU ENJOY

Engaging in your favorite activities helps to relieve stress.

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



MENTAL HEALTH TIPS

#6 PLAY MUSIC

Music can relax the mind, energize the body.

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



MENTAL HEALTH TIPS

#7 DON'T FORGET TO BREATHE

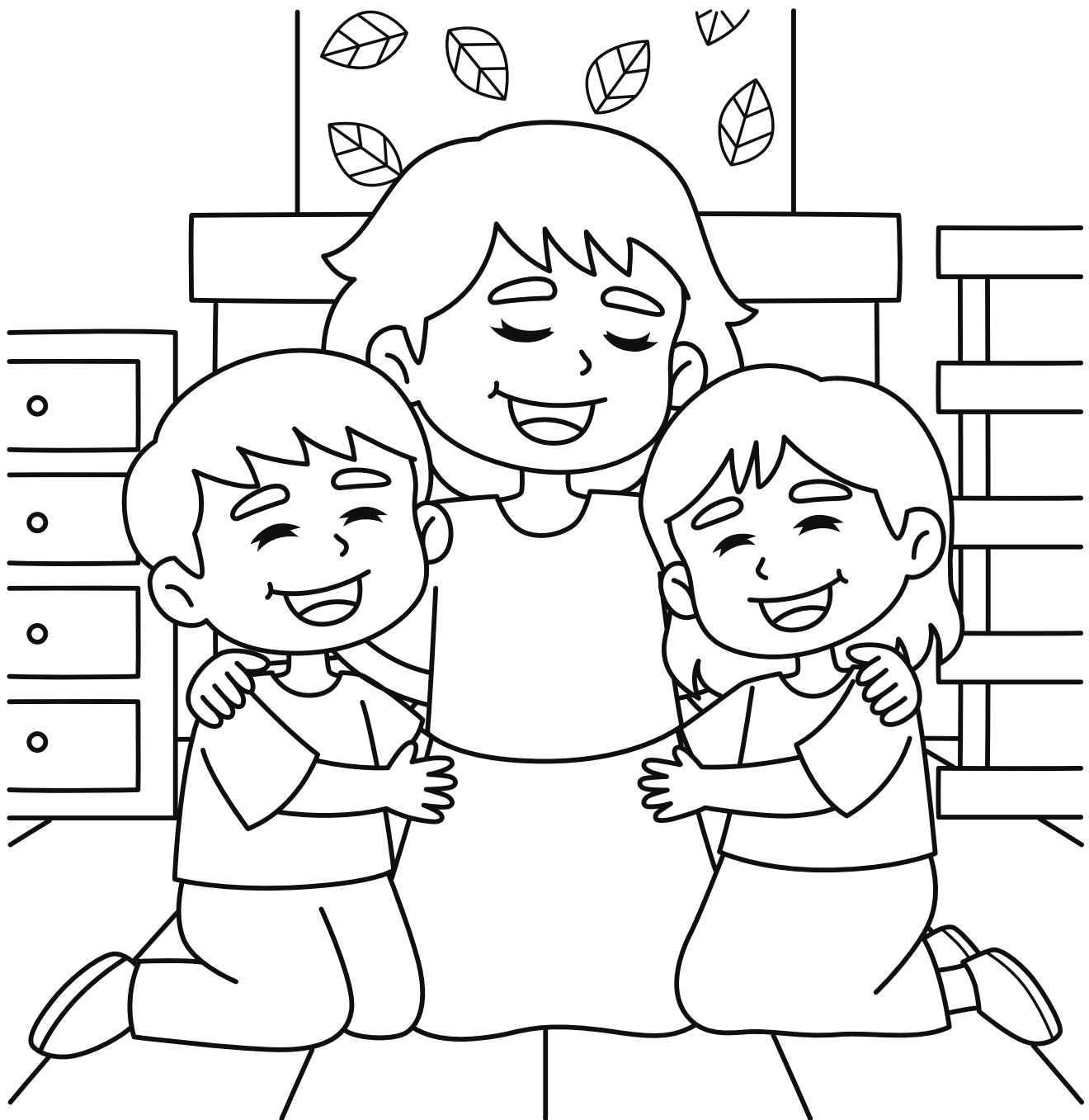
Find a calm and quiet place to focus on your breathing and let your mind wander.



MENTAL HEALTH TIPS

#8 SPEND TIME WITH OTHERS

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



mental health emergency?

Do you know someone who is struggling with mental health?

Find a trusted adult

or

Contact the Mental Health Crisis Helpline

1-800-985-5990

or Call 988





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Looking for Answers?



**Scan this code to view the
answer key for this activity book**



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

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