

TAKE CARE OF YOUR MENTAL HEALTH

DAILY ROUTINE

**BY WAKING UP
AND GOING TO
BED AT THE SAME
TIME.**

**EAT A NUTRITIOUS
DIET**

**ENGAGE IN PHYSI-
CAL ACTIVITIES
LIKE SPORTS.**

**BALANCE WORK
AND RELAXATION
BY SETTING ASIDE
TIME FOR BOTH.**

**MAKE TIME FOR ENJOYA-
BLE HOBBIES AND ACTIVI-
TIES. LIMIT EXPOSURE TO
STRESSFUL NEWS BY RE-
DUCING THE TIME SPENT
READING, WATCHING, OR
LISTENING TO IT.**

**STAY CONNECTED
WITH FRIENDS AND
FAMILY TO MAIN-
TAIN SOCIAL RELA-
TIONSIPS.**

**STEER CLEAR OF
DESTRUCTIVE
HABITS.**

BE HEALTHY

**EUROPEAN
SCHOOL**