



## Reading: Taking Care of Our Mental Health

Read about 9 ways to care for our mental health.

While you read, ask yourself: How do I take care of my mental health? Which of the following tips would I try?

1. Nobody is perfect: There is no such thing as perfect. Take pride in who you are and what you can do. Expecting others to be perfect can add to your stress level and theirs.
2. Talk to someone you trust: Talking out your problems and seeing them from a different view might help you figure out ways to deal with them. You don't have to go it alone.
3. Take time to chill: Finding time to relax after (and sometimes during) a hectic day or week can make all the difference in how you feel.
4. Laugh! Set aside some time for laughter, your body's natural way to relieve stress. Lots of laughing can make you feel good, and that good feeling can stay with you even after the laughter stops.
5. Keep a journal: If you're having one of those days when nothing goes right, try writing about it in a journal to get it off your chest.
6. Fuel up: Food provides fuel for your body and brain. Start your day off with a full tank by eating breakfast.
7. Put your body in motion: Physical activity is a great way to help you deal with stress. It can improve your mood and give you energy.
8. Catch some ZZZs: Make sleep a priority. When you are tired and have not had enough sleep, it becomes harder to control emotions and behaviours which then make it harder to deal with stressful situations.
9. Have fun with your friends: Go to the park to meet friends, call your friends on video chat apps. Friends can help you see the brighter side of things. Taking a break from thinking about your problems can sometimes make them easier to solve.

Adapted from:

<http://olip-plio.ca/wp-content/uploads/2015/11/Mental-Health-Lesson-Plan-CLB-4-5.pdf>

There are many idioms used in the reading. Idioms are a creative or figurative way to use language. They are common. Understanding Idioms helps you better understand English . Match the idioms with the meanings.

	Idiom	Meannings
9	Nobody is perfect	1. It is ok to ask for help when you need it.
	Talk out your problems	2. Tell someone about a problem, so you don't keep it inside yourself.
	You don't have to go through it alone	3. Eat enough food so you will have strength to work or study
	To chill	4. Play basketball
	To make all the difference	5. Get enough sleep
	If you are having one of those days..	6. Stay with people, talk or do something together
	Get it off your chest.	7. To relax
	Fuel up	8. Talk about things that are bothering you
	In motion	9. Nobody does everything right all the time
	Catch some ZZZZs	10. To move, do physical activity
	Shoot some hoops	11. If you are having a bad day...
	Hang out	12. Something can help a lot to change a situation (can be negative or positive)

**Write 3 sentences: What is something you do to take care of your mental health?**



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