Mental health for
Dummies

Tips and tricks for good mental health

Social Media: Say No to Mental Slavery

Nowadays, we cannot imagine our lives without social media—it can be a great tool for socializing with friends, keeping up with the news and so on, but be cautious—it

can be harmful as well.

Have you ever posted a selfie on Instagram and caught yourself opening the app every 30 seconds, to check how many likes and comments you have? Or have you ever scrolled down your feed on Facebook, admiring how perfect someone's life is? Or posted a story on Snapchat or Instagram just to appear as if you're having the time of your life, although you've been feeling down?

If so—check out this guide for identifying a few ways social media can affect your mental climate negatively, and how to avoid becoming a mental slave of the affect it has.

- The perfect Instagram account showing off someone having the time of their lives—traveling, meeting new people every day, going to amazing parties? Don't be fooled—it's in no way the perfect life. Social media has given our society a feeling that we must just show off the positive aspects of our lives—how often do you see someone posting a selfie in their pajamas, after spending all day in bed watching Netflix and eating junk food? Exactly—so don't compare yourself to others just because their online presence is **very convincing**—everybody has their ups and downs and it's okay.

- **Have you ever googled symptoms you've been experiencing and then gotten paranoid about having every possible disease? Avoid self-diagnosis online, either about your mental or physical health. If you're having some issues, go see a doctor—the internet is well-known for misinformation and getting yourself paranoid and anxious is the last thing you need.**

- Have you ever received a mean comment online, that made you feel down? Or maybe you've written one yourself—perhaps intended as a joke, without realizing the effect it might have? Beware of cyberbullying—both seemingly innocent comments and intentional **bullying can have** irreversible damage. Be very cautious of what you write online and always remember—you can just close your computer and distance yourself from the **online negativity.**

Of course – there are a lot more ways social media can affect your mental health negatively—that's why it's important to learn how to not obsess over everything you see or read online.

Healthy body- healthy mind

Most people have a busy life and they feel that they don't have time for anything. Because sometimes we feel against the clock. It's not just a change of diet but a change of lifestyle. Where there's a will there's a way. If you start to change your lifestyle, you will start to look younger and full energy, so your health will also improve.

Some of the benefits are:

1. improve your **mood.** If you eat healthy and do physical activities, your body will feel better. When we practice sport our body generates endorphine which **increases happiness.** Serotonin makes you feel optimistic and more confident

2. Mental illnesses are **reduced** regulated and supervised physical exercise is key to treating anorexia and bulimia, because it helps to reduce emotional stress. Sport and a balanced diet helps delay cognitive impairment because it improves learning and memory.

3. "eternal life" So the person who has a healthy life will feel better and can prevent **disease.** therefore a **healthy** adulthood is guaranteed.

CHEAP OR EXPENSIVE

Maintaining a healthy life does not have to be expensive, because we can prepare healthy, delicious and low cost meals. And Excersise is completely free since going for a run / walk or exercise at home **we can all do it.** So the excuses are over. Start your healthy life!

DIY : Improving Mental Health

NOTE TO SELF:

Mental health and issues related to it is a very often discussed topic in today's society. For some it might be an abstract concept as it's not something we can see, touch or analyze in just one specific way. Therefore, the first article of "Mental Health for Dummies" is introduced, providing easy DIY steps.

Have you ever caught yourself thinking: "But there's nothing I **can do by myself..." ?** If so -- Check out these DIY tips for maintaining mental hygiene!

- Identify the sources of **stress in your life**
- **Express your feelings**
- **Surround yourself with** people who understand what you're going through
- **Create a balanced** schedule—it will help you **be more productive**
- **Set realistic goals – don't** be too hard on yourself!
- Try to get out of your comfort zonebring excitement to your life be **trying something new**
- Don't stress over minor things – **focus on the bigger picture**
- Don't make yourself feel guilty for **taking the time you need**
- **Do something selfless every day**
- **Learn how to say 'no' – there's no shame in putting yourself first**

Although seemingly obvious, but undeniably **one of the most important steps:** Accept the things you **can't change.** We all have a vision of how we wish our life would go, but not **everything goes** according to plan. It's **very important to** understand that some obstacles cannot be changed – all we can do is learn to accept them.

1. One childhood memory
2. First thought in the morning
3. One goal you have
4. One thing you regret
5. What makes you happy
6. Where do you see yourself in 5 years
7. Your values
8. Tell 3 things you like about yourself
9. Describe yourself using one word
10. Your dream job
11. Describe someone you look up to
12. Your biggest accomplishment
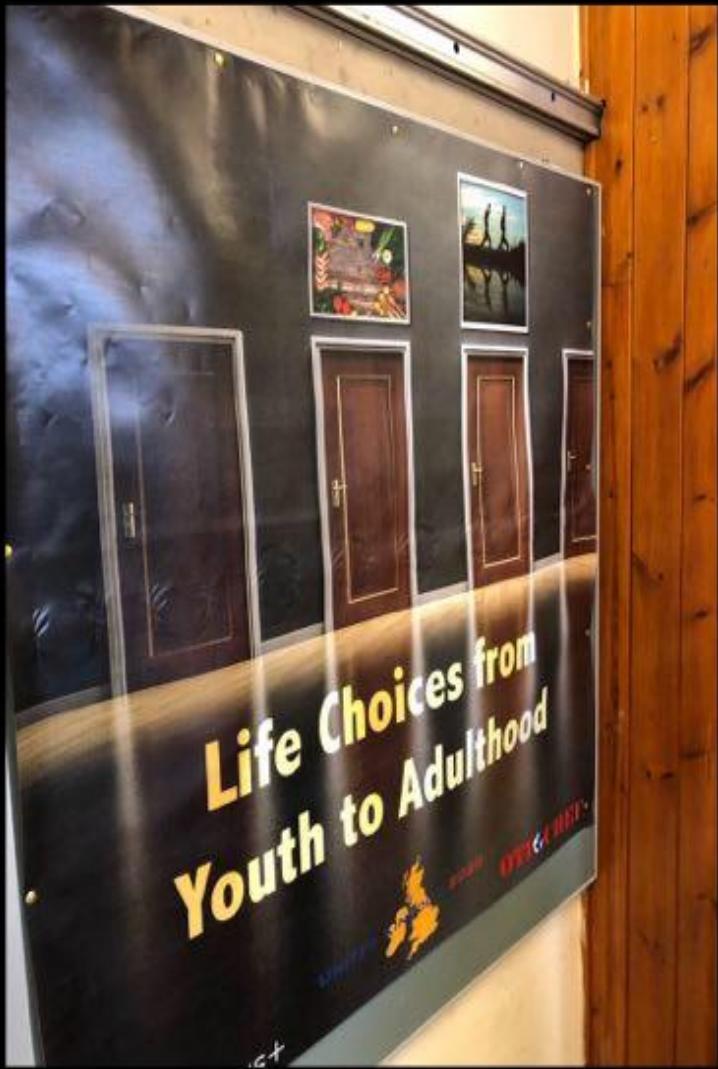13. Something that inspires you

1	10	3	7	13

6

4	12	8	5	2

9

11

Rules of the game

Roll the dice and see where it gets you! See the topic assigned to a number and share! Let's connect!

Life Choices from Youth to Adulthood

Breakfast	3 Scrambled eggs with veggies
Snack 1	Fruit salad
Lunch	Tomato soup with chicken and a slice of bread
Snack2	Natural yoghurt with kiwi and chia seeds
Dinner	Filled steak with mushrooms and garlic, green salad.