

Learn to sort through your thoughts

Sometimes, we have
thoughts that start to
weigh us down:

"I'm so stupid, I can't believe I
made that mistake"

Or

"What's the point, I'll never be
able to do it"

Here's a **CHECKLIST** of strategies to try when unhelpful
thoughts start to get the better of you.

1. NOTICE THE THOUGHT

2. TAKE A STEP BACK TO OBSERVE IT WITHOUT JUDGMENT

3. ACCEPT THAT IT'S THERE MAKE ROOM FOR IT IN YOUR MIND

4. SORT IT



HELPFUL THOUGHTS

- Are based on your senses
- Are relevant right now
- Help you find a solution



ACT ON IT



UNHELPFUL THOUGHTS

- Are based on a story I've told myself
- Are focused on the past or future
- Don't help you find a solution



LET IT GO

How to take care of your mental health

DEVELOP HEALTHY LIFESTYLE HABITS



**Eat a healthy diet
and move your body**



**Take a look at
your screen habits**



**Get enough sleep
(8 to 10 hours a night)**



**Talk to a
trusted adult**



**Use mindfulness and
visualization to understand
yourself better and learn to
regulate your emotions**



**Adopt a positive
mindset**

TAKE CARE OF YOURSELF

We all have our own ways of taking care of our mental health, depending on our interests and personalities: listening to music, reading, playing sports, playing board games, cooking, creating, and so on.

**Write down some activities that you like to do
to take care of yourself every day:**

**Discover all
our tools!**



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