

Joanne is feeling very sad and is finding it hard to feel happy.



Anna feels really worried about something and can't think about anything else.



Saima feels under pressure with her school work, it is stopping her from sleeping.



Alex doesn't think people like him and feels really lonely.



Talk to someone you trust.

Sharing your thoughts and feelings with someone you care about can make you feel more positive.

Do something creative.

Draw a picture, build a model, paint a picture. Anything you feel like. Try and focus on what you are doing. This can help to take your mind off what you are worrying about.

Do some physical exercise.

Having a healthy body may help you have a healthy mind and may help you cope when you feel stressed or under pressure. It can also help you rest and sleep, which are very important in keeping your mind healthy.

Talk to someone you trust.

Sharing your thoughts and feelings with someone you care about can make you feel more positive.

Disclaimer: We hope the information we've provided here is useful. However, please remember that everything you read is supplied as information only and should never be taken as medical advice. Instead, if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional.