

Be Kind to Your Mind!

Just like it's important to keep our bodies healthy, with proper exercise and nutrition, we also need to keep our minds healthy with positive habits and good mental health.

It is very important to keep our mental health positive and healthy. A good way to do this is by using the "5 R's of positive thinking."

Recognize: the bad habit you are doing or bad feeling you are having. A parent, guardian or teacher can help you with this!

Replace: that bad habit with a new, good one (Example: saying something you like about yourself every day).

Remind: yourself why you want to change and feel better, happier. Also remind yourself that you are worthy and loved every day!

Reward: yourself when you do your new, healthy habit (Example: when you say something you like about yourself every day, give yourself a sticker). Make sure your reward is a healthy choice!

Reach out: to your parent/guardian, friend or family member who may be having the same bad feeling or going through the same bad habit. It's fun to have a buddy tag along while you both make positive changes!

Remember, positive mental health is a marathon not a sprint! Changes take time and it's important to not be hard on yourself, but to always be "kind to your mind."

<https://www.newportacademy.com/resources/mental-health/positivity-teen-mental-health/>



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