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GIRLS
IN THE SPOTLIGHT

10 Mental Health Awareness Tips 2021



**Photo courtesy of Rodnae Productions*

1. **Be present** - turn off devices or put them out of eyesight when engaging with others
2. **Listen** before speaking - take a deep breath, proceed calmly
3. **Encourage learning** – in any situation, especially when mistakes are made
4. **Establish routines** – morning and evening, not to be confused with chores
5. **Create family traditions** – bring meaning and purpose to shared experiences
6. **Encourage play time** – have all family members participate in some way
7. **Move daily** – your mind and body will appreciate it, energy will increase
8. **Acknowledge the effort** – avoid superficial praise
9. **Allow emotions** – find ways to express them to include writing, art and music
10. **Practice mindfulness** – you can do this with any activity any time of the day