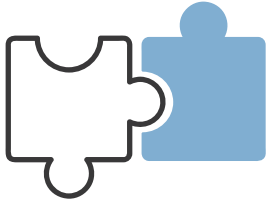


10 TIPS FOR YOUR MENTAL HEALTH

1. Strategies

Develop your own strategies to master these difficult times. Take your time to create tools that you can get back to when needed to help yourself. Everyone has different strategies and sometimes it is worthwhile to try something new.



A few examples are: relaxation exercises, breathing exercises; art; music / audio books, keep a diary; spend time in nature; be kind to yourself (e.g. give yourself positive affirmations in front of the mirror)

2. Stay active

Sporting activity can help you boost a healthy sleep and is a good way to relieve tension and improve your mood. Try to implement exercises in your daily routine. Skip the elevator for once or take a stroll. Every little change in your routine helps.



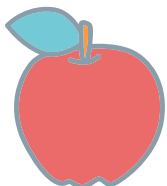
3. Sleep

A good nights sleep resets mind and body. Try to get enough of it and stick to a regular sleeping schedule. Every human being requires a different amount of sleep, but in general 7-9 hours of sleep is typical for people of the age of 18-25. Pay attention to your sleep-promoting measures. Switch off your TV and mobile an hour before going to bed. Use your bed for sleep and relaxing activities... - and go easy on the caffeine.



4. Eat healthy

Maintaining a healthy diet has a positive influence on your mood, your overall energy levels, and your general well-being. Try to have more of the nutritious food (e.g. vegetables, fruit, full grain products). Do not forget to stay hydrated!



5. Practice self care

Treat yourself with respect and love. Do not belittle yourself with derogatory statements (e.g. "i am so stupid") instead be kind to yourself. Invest your time in leisure activities and have fun. Remember to take a break every now and then.



6. Make new acquaintances and maintain friendships



Social support is one of the most important factors to protect your mental health. Spending time with friends and family can contribute positively to your mental health and increase your self-confidence. Immerse yourself in activities like sports and volunteering where you can make new contacts.

7. Try to live in the moment

Sometimes we are governed by thoughts of the past ("what if...") or the future ("If I do not study I will never be successful!"). By giving into these thoughts we remove ourselves from the present moment. Practicing mindfulness can help you to reconnect with the present and bring back your focus to the here and now.



8. Talk to someone about your sorrows

Often it can be helpful to share your sorrows with a relative or a friend. Even though it can be hard sometimes you should try to open up. This will allow you to put your mind on something else and get a different perspective or foster new solutions that you did not think of before.



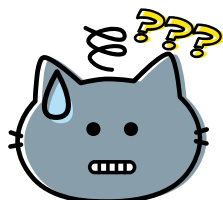
9. Get professional help

When you notice that your situation is not improving or even worsening or all tips mentioned above do not help, get professional help. You can contact your physician, a psychiatrist or a psychologist. Sometimes life is a little bit more complicated and you might require help to get out of a crisis. It is not a sign of weakness when you get yourself help - on the contrary! - Dare to ask for help, it is worth it.



10. How do I know if I need help?

General rule: the earlier you get help the better. Do not wait until your situation has become unbearable. The signs of mental health problems are not always easy to spot. Here is a list of symptoms that can indicate you are not doing well. Be aware though that the list is not complete. If some of these symptoms apply to your current state and they do not disappear within days you should consider getting help. Those symptoms can vanish quickly but they can also be an indicator for a mental health crisis.



- Change in your mood (you are more sad than usual, irritated, aggressive, depressed,...)
- Problems with sleeping (difficulties falling asleep or sleeping through the night, waking early)
- Loss of appetite or increased appetite.
- Withdrawal and tendency to isolate yourself.
- You feel exhausted, have no energy and lack motivation.
- You have lost interest in things that used to make you happy.
- You have difficulties concentrating and impaired memory.
- You increasingly think about death and how it would be like if you were not around anymore.