Mental Health Tips for Students

BY **Andre Reid**   Posted **September 21, 2021**

Since the beginning of 2020, the Covid-19 pandemic has caused a dramatic rise in mental health issues. Students in particular are struggling to cope with new ways of learning and feeling connected to others. Stress, anxiety, and depression are very high amongst them and the social isolation that many students feel has exacerbated these issues. By talking about mental health, parents can reduce the stigma and let children, teens and young adults know it is okay to pursue treatment. The earlier students are able to receive help for a mental health problem, the more quickly he or she will recover.

Here are a few Mental Health tips for students (primary/secondary/tertiary) to start practising today:

• Get some sleep
Sleep deprivation is detrimental to a person's thinking as well as their physical and emotional state. Getting enough sleep helps students to focus throughout the day and maintain overall health.

• Do things that make you smile
Find activities or hobbies that make you happy and incorporate them into your daily life. This might be a physical sport, an artistic outlet or spending time with family and friends.

• Talk to someone
It can be hard to manage stress alone. Talk to your parents, or teacher or another trusted adult about your problems and they may be able to help you find new ways to manage your stress.

• Learn to meditate
Meditation is a great way to promote relaxation while reducing anxiety, depression, and stress. It can be learned either in-person with an expert, or online whether using a smartphone app or even via Youtube. This makes it a very convenient option.

• Learn to do Yoga
Yoga involves stretching, improving flexibility and connecting mind and body, all of which are helpful for stress reduction and wellness. Used extensively for thousands of years, the best way to learn Yoga is either with an expert or from online videos.

• Be sure to exercise
Doing outdoor exercise is a great way to get physically fit. Whether you are training for strength, endurance or aerobic activity to increase the heart beat or walking a few miles per day, exercise naturally helps decrease depression and anxiety.

• Do something creative
Choose a creative outlet to express your thoughts and feelings. This could be writing poetry, painting, drawing, photography, dancing, or playing music. Don't strive for perfection, a focus on your creative side can ward off adverse thoughts and feelings.

• Play with a pet.
If you have a pet, this can be helpful in improving your mental health while bringing joy to your life. Cuddling with a pet, taking care of them, and feeling their unconditional love allows you to focus on something else other than yourself.

• Make the time
In order to take care of yourself, you need to make the time and it has to be part of a daily routine. It's not always easy to set time aside with everything going on in life, but learning to fit it into your schedule is necessary. Start now and make it a habit.

These tips are not meant to be discussed all at one time, but can be part of an ongoing dialogue about mental health between parent and child or even family and friends. Without actively focusing on ways to de-stress, and as Covid-19 continues indefinitely, there will absolutely be major increases in depression and anxiety. Self-care techniques are therefore fundamental for preventing stress before it strikes.

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