



How to take care of your mental health;
reduce stress; etc.

Behaviour related...

Try not to eat unhealthy meals or snacks

- Eating healthy increases your ability to focus.
- Some food increases the production of nutrients required in the production of dopamine and serotonin, which control your mood.



Don't smoke; reduce alcohol consumption

- Smoking is proven to increase anxiety and stress levels. Nicotine's sense of relaxation is only temporary, and is quickly replaced by feelings of withdrawal.
- Alcohol is considered a depressant, that is, it disrupts the balance of neurotransmitters, affecting behaviours, feelings and emotions negatively.



Respect your sleeping schedule

- An irregular sleeping schedule increases chances of depression in the long run.
- Sufficient sleep facilitates the brain's processing of emotional information.



Exercise on a daily basis

- Exercising improves your mood, concentration and alertness.
- It also contributes to your physical health by improving your cardiovascular system's health.



Don't push people away. Connect with your friends.

- People can help increase your sense of belonging, improve your self-confidence and help reduce stress and anxiety.



Set realistic goals and plan ahead

- Setting realistic and achievable goals improve motivation and productivity.
- Planning ahead empowers people with mental illness to make their own decisions, rather than the ones chosen for them by others. Moreover, if you are a planner, the more plan you do the lower anxiety levels you will have.



Decrease caffeine intake

- Caffeine aggravates symptoms of anxiety and panic disorder.
- In addition, it can also make you jittery and provoke withdrawal.



Don't take on too many things

- Taking on too many tasks or duties can make you feel overwhelmed, which leads to anxiety.



Do something you're good at or that makes you feel good

- Doing something you're good at gives you a feeling of satisfaction and accomplishment that improves your mood.



Seek professional help if necessary

- Mental health professionals can help you find and develop your own coping mechanisms, as well as raising your awareness regarding your thoughts and feelings.



Connect with nature; might help you relax

- Nature motivates joyfulness, calmness, creativity and concentration.
- Nature connectedness is also related with lower levels of anxiety and depression.



Take some alone time

- Being alone allows you to explore your own hobbies and passions.
- Being alone does not mean you're lonely. Alone time is also important for introspection.



Mindset related...

- Set lower expectations
- Relativise your problems and situations: “will this matter in a week or two?”
- ~~Avoid people who make you feel as a burden~~
- Acknowledge your issues; don't gaslight yourself
- Ask for help when you need it
- Worry less about what others think; don't overvalue others' opinions about you
- Understand that you're allowed to make mistakes
- Respect yourself. Value your own experience.
- Accept your reality as it is. Don't try to make things look different: they won't change if we don't change.
- Find your own coping mechanisms

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YOU'RE

PHO-KING

AWESOME



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- Rita Diniz Reis
 - Maximiliano Lopes
 - Gloca Correia
 - Klaudia Pavlacková

The Power of Photography

25.03. - 01.04.2022

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2) Histerico - Associacao de Artes (Portugalia)

3) Connected for Future (Bułgaria)

4) Youth for Experience - Slovakia (YES) (Słowacja)

5) Young Leaders CZ z.s (Republika Czeska)

6) ASOCIATIA SUPER TINERI (ASIRYS) (Rumunia)

7) Asociacija Tavo Europa (Litwa)



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