

Mind Matters: A Guide to Self-Care

Stressful emotions are normal. Everyone feels them sometimes. These emotions can come from school, family, friends. Sometimes there may not be a clear reason.

Signs to look out for



- You feel tired or low most days.
- You find it hard to focus or sleep.
- You get irritated easily or cry often.
- You stop enjoying things you used to like.

Can I manage these feelings?

Yes, you can!

Take one step at a time.

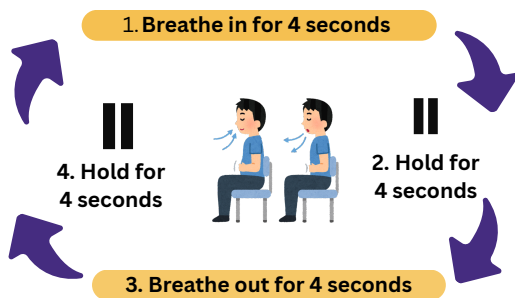
Every small step matters.

Taking care of your mind is a skill - you can learn it!



Let's start the journey towards feeling better. One step at a time!

Step 1 Slow Breathing: 12-15 Cycles Sit comfortably, relax & close your eyes



Step 2 Tackle one problem at a time Big change starts with small wins



If one solution doesn't work you can always try something else, or ask for help!

Try it out!

Step 1: Slow Breathing for 12-15 cycles

Step 2: Identify one top problem

Top solution to solve the problem

Step 3: Move-Meet-Do

I will:

Step 3 Move- Meet -Do! Be active to feel better

Move

- Going for a walk
- Playing a sport
- Swimming
- Dancing
- Walk your pet

Meet

- Talk to a friend
- Join a Local Sports or Dance Academy
- Volunteer with NSS or Youth Clubs

Do

- Nurture your hobby (drawing, reading, cooking)
- Gardening
- Cleaning and organizing your space
- Learn a new skill
- Help someone

Self-care can look different for everyone! Take care of yourself.

Mind

- Exercise daily for 30 minutes
- Do yoga and practice meditation
- Sleep up to 8 hours

Body

- Drink 8 glasses of water daily
- Eat nutritious & balanced meals
- Avoid junk food and binge eating

Environment

- Limit screen time & social media use
- Build healthy relationships with loved ones

This guide offers basic tips, not professional help. If you're overwhelmed -

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- Notice early signs like a tight jaw, fast heartbeat, or sweating.
- Slow breathing to calm down, pause & reflect.



Dealing with Anger

Anger is a **normal** emotion. It often comes from deeper feelings like fear, hurt or being ignored etc. It's not bad always - healthy expression is necessary

- Express yourself calmly, clearly & assertively.
- Identify triggers and think of possible ways of changing the situation.
- Forgiveness & gratitude can help to reduce anger & resentment.

Internet and Screen Addiction

Scrolling, gaming, or watching videos for a long period affect your mood and sleep.

You may feel restless, anxious, or guilty. Notice if you are using screens to avoid tough feelings or real-life problems.

- Schedule time for internet use, avoid late night use.
- Plan phone-free breaks in the day.
- Use Move-Meet-Do to engage in meaningful activities.
- You don't have to quit completely—just take back control.



Coping with Anxiety

Anxiety is the mind's way of saying: "I'm not feeling safe."

You may have racing thoughts, overthinking, restlessness, feel palpitations or tightness in your chest.

Thoughts like "I am bad at everything", "I keep failing" result in anxiety.

- Slow breathing to calm down.
- Try grounding yourself: take deep breaths, name 3 things you see, or move your body.
- Identify underlying problems and thinking patterns.
- Talk to someone you trust—anxiety feels worse when kept inside.

Alcohol, Tobacco & Drugs

Sometimes people use alcohol, tobacco, or drugs to feel elated, or escape stress or pain.

But it can harm your body and mind over time.

Using alcohol, tobacco & drugs can affect your sleep, mood, memory, and relationships.

You may feel more anxious, sad, or angry afterward.



- Start with small actions: move your body, take a shower, talk to someone and develop a daily routine.
- Try not to isolate yourself. Even texting a friend counts.
- If sadness feels heavy every day, it's okay to ask for help. You deserve care.

Feeling Low or Depressed

We all feel sad sometimes. But if it lasts for weeks, it could be depression.

Signs include low energy, trouble sleeping, loss of interest, or feeling numb.

You may feel stuck, hopeless, or like nothing will help. These feelings are real—and you're not alone.



Read inspiring stories about young people dealing with their stressful emotions and challenges.

Reach out to someone you trust - support is always within reach.

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