

An illustration featuring two women in the foreground. The woman on the left has short dark hair and wears a red and white striped beanie and a blue jacket. The woman on the right has long black hair and wears a white hooded jacket. The background is a light blue circle containing various icons: a brain, a laptop, a speech bubble, a star, and a hand cursor. In the top right corner, there is an orange rectangular box containing the text 'SOUND' in white, uppercase, sans-serif font, and 'mind' in a black, lowercase, handwritten-style font below it.

SOUND

mind



SOUND

How often have you heard that you should look after your body, cut down on this, take more of that... exercise! Yep, all very important.

Mind

But what about your head?

Are you looking after that?

Looking after your mind is as important as looking after your body.

Here are some tips for a SOUND MIND...



It's good to talk

You may be worried about many things that are happening in your life right now. But if you never remember anything else, always remember

YOU'RE NOT ON YOUR OWN.

Every concern you've ever had about your life somebody else has experienced as well.





Talking and listening ←

- If you have a problem talk to someone you trust
- Be prepared to listen to your friends if they need help
- Don't pass on anyone's personal views or feelings
- Everyone has problems, don't keep yours bottled up

Check out the contacts at the back if you need information or specialist advice.

Friends...

- ★ trust and respect you
- ★ are always there for you in good times and bad
- ★ care and share
- ★ both give and take

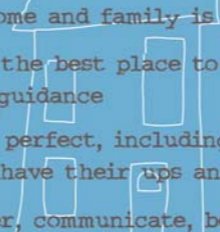


Friends DON'T

- × let you down
- × give you grief
- × expect the impossible
- × talk about you in a bad way
- × pressurise you to do something you don't want to do:
take drugs, have sex, steal, go joy-riding, skip school



At home

- everyone's home and family is different
 - home can be the best place to give you support and guidance
 - but nobody's perfect, including you, and all families have their ups and downs
 - work together, communicate, be part of it
- 

Beat the BULLY

- bullies can be anywhere-
 - at home
 - at school
 - in the community
- don't let a bully get you down-
seek help, talk to someone you trust
- bullies often have a self image
problem and pick on others
- avoid situations where the
bully could get you on your own
- don't give up- the bully doesn't know the real you



WHO AM I?

How can I think about my mind when my body keeps changing?

One minute I'm OK, the next my life feels like a disaster.

How do I look?

There are so many **pressures-**
exams, relationships, no money.

What about my image?

Will I get a job?

Who cares?

Hang on a minute! It's not all doom and gloom.

The teenage years will pass, enjoy the good times
and remember **YOU ARE NOT ON YOUR OWN.**

Keep talking it through either with a friend or
contact one of the groups listed on the back cover.



FEELING THE PRESSURE?



Listen to music

Chill out



Talk to a friend



Go to the cinema

Read a book



Go dancing



Relax-

soak in the bath



Get Active!

Write down your thoughts and how you feel



or draw them

BE

yourself

If you're feeling down it's easy to think the world is against you and that nobody cares. Think about it! Are you being too hard on yourself? Do you expect too much from yourself and from other people? Remember there is no one else quite like you- you are unique and that's special.

Go for it! Get a life and enjoy it.



AND FINALLY



Remember the keys to good communication
and relationships:

★ Talking



★ Listening



CONTACTS

- ★ Childline... 0800 1111
- ★ Samaritans... 08457 909090

- ★ Youthline... 0808 808 8000
- ★ Your Doctor

INFORMATION

- ★ Aware... www.aware-ni.org
- ★ fpaNL... www.fpa.org.uk
- ★ also... www.supportline.org.uk



Youth Council for Northern Ireland

