



HOW TO TAKE  
**A MENTAL  
HEALTH DAY**  
(WHILE IN SCHOOL)

CHECK OUT THIS MENTAL HEALTH RESOURCE WE MADE FOR YOU! →





# Taking a **mental health day** doesn't mean skipping school... **Here's how to do it!**

## Before School:

- Listen to music that calms or hypes you up
- Pack a snack you really like
- Write an encouraging note to yourself and put it in your lunch box. (have an illustrated note on a piece of lined paper that says "You've got this!!" or something similar)



## During the Day:

- Take some deep breaths between classes
- Sit with people who encourage you during lunch
- Text someone who makes you feel safe
- Ask for help when you're overwhelmed



## After School:

- Go outside for a walk or fresh air
- Take a break from your phone
- Journal or draw
- Let yourself rest



## Reminder:

Even if life is busy, you *can* make space for your mental health.  
You're worth caring for—every single day.