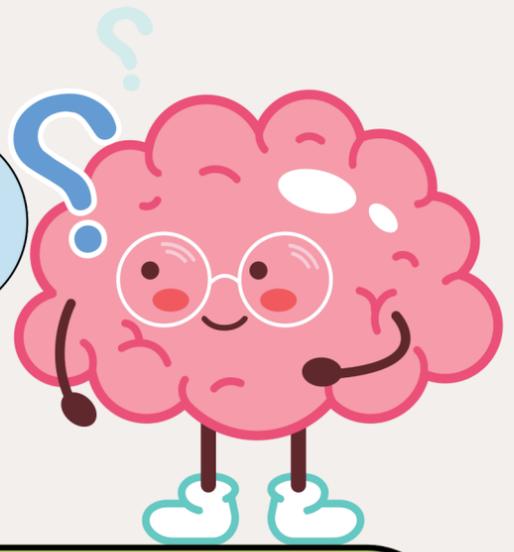


TIPS FOR MENTAL WELLNESS ENTERING ADULTHOOD

Find what works for you

Oftentimes in life we look to our peers and societal trends to provide us guidance and answers. Through trial and error, you will find that what works for others may or may not work for you, and that's okay!

1



2

Setting Boundaries

Navigating the stresses that come with the early years of adulthood takes time and practice. There's no rule book, but setting boundaries for others and yourselves can help prevent stress!

Practice mindfulness

Practicing mindfulness is a way to recenter oneself and is a powerful ritual when practiced consistently. Mindfulness looks like being still, journaling, meditation and even reading!

3



4

Find a hobby

Hobbies are fun, low-pressure activities, that can stimulate creativity and offer new experiences. Reflect: What fun hobbies did you enjoy as a kid?

Change of Scenery

Navigating adulthood doesn't have to be confined to a singular place. Consider exploring new areas of your environment, going on vacations or even staycations!

5



If you want to access more resources to improve your mental health, please visit our website:

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