

TOP TIPS

TO FEELING GOOD AND KEEPING HEALTHY

Talk about how you are feeling to a social worker

Be happy

Have fun

Express your concerns and issues with a problem you are having

Eat cookies or Oreos

Have a positive mindset

Just don't dwell on it

Get to know people who you live with

Listen to music

Remember, it takes time, resilience and commitment

Do your best

Share your thoughts and feelings

Just don't worry and wear nails

Remember to be kind to yourself

