

# A Healthier Mind is a Happier Life!

Mental health problems are medical conditions and need to be addressed early by licensed medical professionals. See a doctor right away if you see any of these signs:

- Excessive fears, worries, or crying
- Extreme hyperactivity
- Sudden, hard to explain changes in behavior or mood
- Trouble sleeping
- Persistent nightmares
- Unexplained aches and pains
- Extreme disobedience or aggression
- Several temper tantrums daily
- Persistent difficulty separating from parent
- Seeing or hearing things that are not there
- Destructive Behavior
- Constantly threatening to run away
- Withdrawal from friends or family





Feeling  
sad

Feeling  
Glad

## What works for you?



Hug a  
Stuffed  
Animal



Play!



Count  
to Ten



Talk  
with an  
Adult



Help  
Someone



Draw or  
Paint



Take a  
Nap



Take a  
walk



Laugh  
your  
silliest  
laugh



Sing a  
Song



Read a  
Book



Cry a  
little bit

[Preschool/Elementary Card]