

Cryptids Care

THE CRYPTIDS CARE ABOUT YOUR Mental Health

Sleep Well

Good sleep improves your brain performance, mood, and health.

Eat Well

Eating healthy, regular meals and staying hydrated improves your mental health.

Move Around

Physical activity improves mood, reduces stress and anxiety, improves concentration, and promotes better sleep.

Be Connected

Relationships help us feel connected, boost our happiness, help us cope, and lower our stress.

Train Your Brain

We can train our brain to help us stay calm and be creative problem solvers.

Know the Signs, Get the Help

If you or a friend needs help, tell a trusted adult, connect with a counselor, or call or text 988.

These cartoon cryptids are just for fun. Cryptids are not real. If you are having trouble with your mental health, please talk to a trusted adult or call or text 988. If you are in a crisis, please call or text 988. If you are in a crisis, please call or text 988.

Mental Health Bingo

Feeling happy	Feeling sad	Feeling angry	Feeling nervous
Feeling calm	Feeling stressed	Feeling lonely	Feeling confident
Feeling motivated	Feeling overwhelmed	Feeling supported	Feeling alone
Feeling hopeful	Feeling discouraged	Feeling resilient	Feeling fragile
Feeling strong	Feeling weak	Feeling brave	Feeling shy
Feeling curious	Feeling bored	Feeling excited	Feeling tired
Feeling focused	Feeling distracted	Feeling organized	Feeling messy
Feeling creative	Feeling stuck	Feeling inspired	Feeling uninspired
Feeling confident	Feeling insecure	Feeling proud	Feeling ashamed
Feeling happy	Feeling sad	Feeling angry	Feeling nervous

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