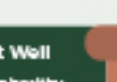




THE CRYPTIDS CARE ABOUT YOUR Mental Health

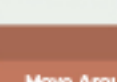
Sleep Well

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



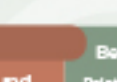
Eat Well

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



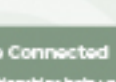
Move Around

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.



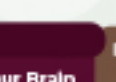
Train Your Brain

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.



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