



# Tips for keeping a **Strong Mind**



## **CONNECT WITH OTHERS**

Text, call or video chat friends, teammates, coaches and family



## **GET 8 HOURS OF SLEEP**

Avoid caffeine and technology before bed



## **STAY ACTIVE**

Exercise 30 minutes a day most days of the week



## **EAT HEALTHY FOODS**

Fill your plate with fruit, vegetables, lean protein or beans and whole grains



## **USE STRONG MINDS STRATEGIES**

Try deep breathing, stretching/yoga and thinking positive thoughts



## **ASK FOR HELP**

Contact your medical provider if you feel overwhelmed