

Ways to Grow and Foster Positive Student Mental Health

- Identify the Optimal Mid-Point Range
- Teach Holistic Thinking
- Build a Good Relationship Together . . . But It's Not All about You!
- Encourage Resilience
- Do a Perspective Check
- Remind Them It's OK to Ask for Help
- Model Emotion Self-Regulation
- Teach Relationship Skills/Social Competence
- Reinforce Problem-Solving Skills
- Increase Confidence & "Inner-directness"
- Highlight Gifts & Talents
- Develop Religiosity & Spirituality
- Encourage Mindfulness & Relaxation Techniques