Wellbeing

Feeling okay in your head matters as much as feeling okay in your body.

Screens and sleep

Sleep and screens fight each other. Here's how to keep the peace.

1. Try to put screens away **about an hour before bed**.
2. Notice how you feel after scrolling. If it's worse, that's useful information.
3. Every so often, look away, stretch and drink some water.
4. Your brain and body are still growing, and sleep is when that happens. Aim for 8 to 10 hours.
5. Leave your phone outside your room at night if you can. Nothing at 2 a.m. can't wait.
6. A late-night gaming or binge marathon feels great and costs double the next day.
7. Charge your phone away from your bed and use a real alarm clock.
8. Pick a time when work messages stop. Your brain needs off time.
9. Be the example. People copy what you do more than what you say.

Stress and big feelings

Everyone has hard days. Here's what helps them stay days.

1. Feeling anxious, angry or sad sometimes is normal. **Feeling it for weeks** is a sign to talk to someone.
2. Say it out loud or write it down. It gets lighter once it's out of your head.
3. If you ever think about hurting yourself, reach out right now. The helplines are free and always open.
4. Exams, friends and the future can feel huge. **One bad day isn't your whole life.**
5. Pick one person you could tell: a friend, a family member, a teacher, a counsellor. Just knowing who helps.
6. You can't pour from an empty cup. **Rest isn't lazy.**

7. Burnout builds slowly. If you're exhausted most days, change something before it changes it for you.
8. If low mood or worry doesn't lift after a couple of weeks, see a doctor or counsellor.

Bullying and comparing

Other people's behaviour and other people's photos can both mess with your head.

1. If someone is bullying you, **it's about them, not you**.
2. Screenshot it, block them and report it where it happened.
3. Social media is everyone's highlight reel. Nobody's real life looks like their photos.
4. If you see someone being bullied, check on them privately. One small message can mean a lot.
5. Don't join in "just for a laugh". Piling on is still bullying.
6. When someone says they're being bullied online, **take it seriously**. Don't say "just ignore it".
7. Keep records (screenshots, usernames, dates) and report to the platform and, if needed, the school or workplace.
8. Check in on the people around you. Ask twice if you need to.

Gaming and balance

Games are good for you, until they quietly eat everything else.

1. Games are great. If you're skipping **sleep, food or people** for them, cut back a bit.
2. Take breaks between sessions, and play with people who make it fun.
3. Toxic chat isn't "just a game". Mute, leave, report.
4. Spending money in a game? Check with whoever pays the bills first, and remember it's real money.
5. If a game makes you angry more than happy, take the hint and step away.
6. Play with the people in your life now and then. You'll learn what they love.
7. Agree on game time **together** instead of handing down a rule.
8. Check which in-game purchases and chat settings are switched on.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help