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10 Positive Mental Health Tip for Teenagers and young Adults

- Recognise that you are a person of worth. Be realistic about what you can do and give yourself credit for what you have already achieved.
Enjoy your successes and learn to live with your disappointments (“Get over it”).
- Life is not always fair – “SH1T happens”! You cannot control everything in life. You have to learn to accept some discomfort as part of life. You don’t always get what you want.
- Don’t always rely on “helicopter parents” to drop in at a moment’s notice to fix everything; try to sort it out yourself first. However if things are not working out don’t be afraid to ask your parents for help.
- Not everything you read on the internet is true. Don’t put anything on social media that you would not like to appear on the front page of the local newspaper. You are lucky if you have 3 good friends – you can live without 300 followers! Try to limit leisure screen time (smart phones, computers, TV, cinema) to not more than 2 hours per day (14 hours per week).
- If you are 18 years old or older and you choose to drink alcohol please drink sensibly – pace yourself, try to limit your alcohol intake to less than 17 units per week for men and 11 units per week for woman. Try not to have more than 3-4 units per day. (1 pint beer/stout/cider = 2 units, 1 small glass of wine = 1 unit, 1 alcopop = 1.5 = units, 1 pub measure of spirit = 1 unit).
Illegal drugs are manufactured and sold by thugs and criminals. Would you trust them with your life!?

Cont

- Take up a sport or hobby that involves strenuous physical exercise (football, tennis, hill walking, aerobics, zumba, etc). Try to get at least forty minutes strenuous exercise 3 to 5 times per week. Get enough sleep and maintain a regular sleeping pattern. Eat sensibly and cut down on fatty and sugary foods. Avoid fizzy drinks such as Coke, Fanta and 7up. Develop an interesting hobby. Do something for others.
- Sex without a condom puts you at extremely high risk of pregnancy and sexually transmitted diseases (HIV/AIDS, hepatitis B+C, genital warts, chlamydia, gonorrhoea and syphilis).
It is normal to want to look at images of naked bodies. However “hard porn” suggests girls and women want and enjoy being sexually used, abused, dominated and humiliated by men. Nothing could be further from the truth- ask your mum, sister or female friends if you don't believe me. Sex is an outgrowth of a loving, committed, respectful relationship; not a forum for male self-gratification and exploitation of women.
- Cherish your friends. You never know when they will need you and when you will need them. Focus on the people sitting beside you –not on those trying to contact you by text or social media = they can wait till later when you are alone. Try to avoid mean or annoying people. Keep a distance from those who drain you emotionally.
- Try not to put things off until tomorrow what you can do today, “Just do it !”
Manage your time well. Set a timetable and do not overload it.
Do one job at a time and don't be afraid to say “No”. Be patient with yourself and others. Big tasks are a lot easier if they are broken down into a series of small tasks.
“All great journeys begin with one small step”.
- Everybody gets stressed at times. However, if you feel stressed or depressed for more than two weeks or if you are feeling suicidal, talk to a relative, friend, teacher, counsellor or the Samaritans. Don't worry alone. A problem shared is a problem halved. Everybody needs help at various stages in their life.