**How You Can Build Protective Factors**

**Name:**
- Some health questions are simple: How can you protect your teeth from cavities?
- Some health questions seem more difficult: How can you protect your mental health?

All health is impacted by **Protective Factors**. When it comes to mental health, protective factors are good relationships, healthy habits, and other beneficial parts of your daily life that positively impact you. Having the right tools to protect your mental health makes it easier to handle life's challenges.

Some examples of protective factors include...

**Staying Connected**

Staying connected means feeling socially close to friends, peers, and family members. Even though you're not able to see your friends in person, there are still ways you can stay connected. Ideas include sending a text, talking on the phone, or video chatting.

- What are three ways you will stay connected to your friends during this time?
  1. 
  2. 
  3.

**Healthy Coping Strategies**

Healthy coping strategies are techniques that help reduce stress in a way that does not harm you. Examples include:
- Exercise
- Listening to music
- Talking to a trusted adult

- What are three healthy coping strategies you will use during this time?
  1. 
  2. 
  3.