

Understand your emotions and look after your mental health...
how? Social anxiety is a shadow sometimes so don't interact
with people when you don't have the energy to... exercise is a
great way to reduce anxiety dare I say it so get plenty of
exercise... anxiety and mental health problems are bad and the
only way to get rid of them is to talk about it so do it... self harm
is not not good so don't do it... building resilience is basically
just talking positivity into yourself so start thinking happy
thoughts like Peter Pan... you might not fly but you'll feel good