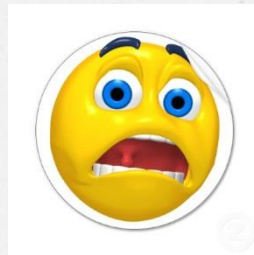
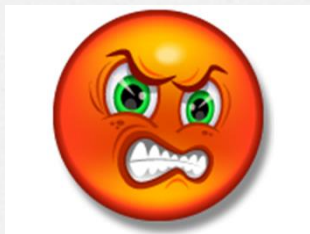
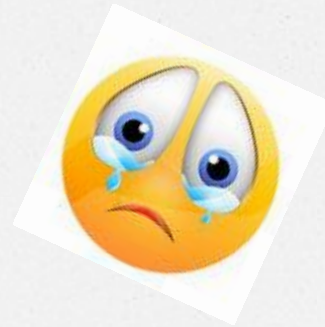
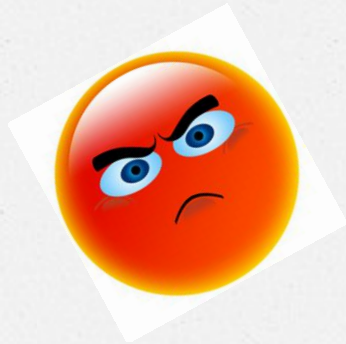


Healthy

Minds



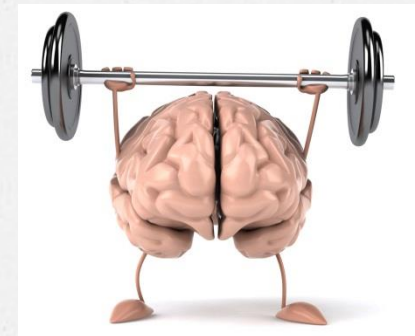
Feelings



There's a reason why we have feelings:

- Help us get along with others
- Protect us from danger
- Tell us when something's not right

Just like physical health you should take care of your mental health:



How do you keep your mind healthy?

angry?

worried?

sad?

Negative
thoughts...



Strategies:

- Write down calm thoughts
- Act brave
- Take a deep breath
- Mindfulness
- Realistic expectations
- Talk about it
- Do things you enjoy
- Healthy diet and plenty of sleep
- Set goals
- Communication (friends)



What makes you feel better?

