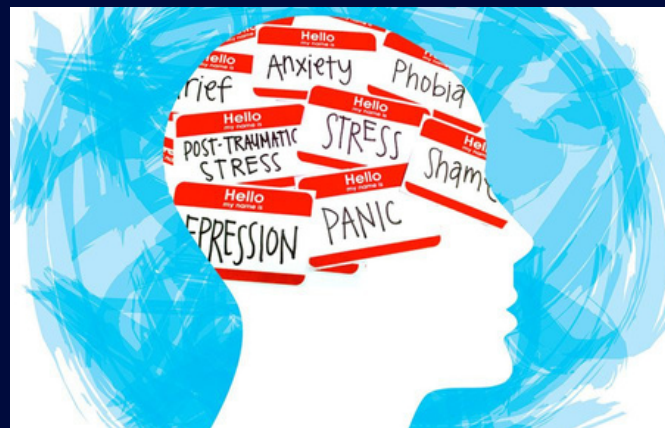




Mental HEALTH



What is mental health?

Mental health is like your brain's "feelings" and how well it works. It's about having a mind and heart that feel good and can handle daily life, just like you take care of your body by eating well and resting when you're sick. Good mental health means you can form friendships, feel comfortable with yourself, and deal with big feelings like sadness or anger without them getting too big to manage.

What can help you have good mental health

- Talking to someone: If you're having big feelings, tell someone you trust, like a friend, coach, parent or other family member.
- Doing things you enjoy: Play games, read a book, listen to music or do other activities that make you happy.
- Spending quality time with friends and family.
- Taking breaks: If you feel stressed or tired, it's okay to stop for a moment to take deep breaths or do something calming like counting to 10.