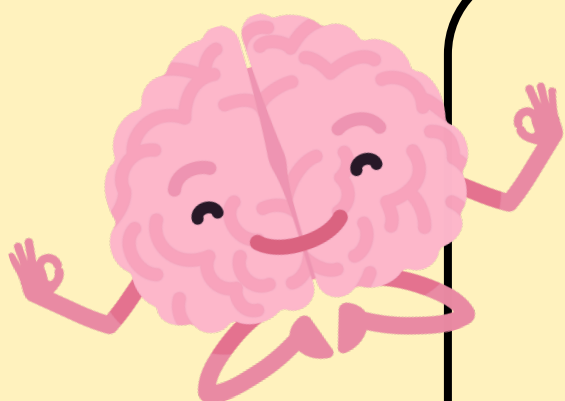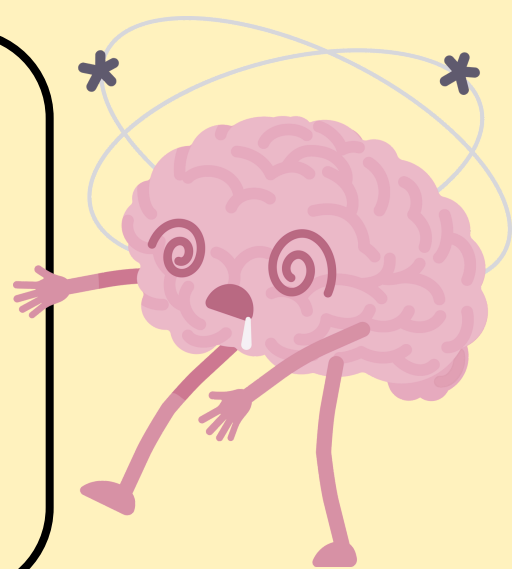# MENTAL HEALTH

What is mental health ?

Mental health is about how we think, feel, and act.
It affects how we handle stress, relate to others, and make choices every day.

Why It's Important

- Helps you manage emotions
- Improves relationships
- Boosts focus and motivation
- Increases happiness and balance

Signs You Might Need Help

- Feeling sad or anxious for a long time
- Losing interest in things you enjoy
- Sleeping too much or too little
- Trouble focusing or feeling hopeless

How to Take Care of Your Mind

- Talk about your feelings 🗣️
- Exercise regularly 🏃‍♀️
- Eat healthy foods 🍎
- Sleep well 😴
- Take breaks and relax 🌸
- Ask for help when you need it 🤝

Remember

It's okay not to be okay.
Asking for help is a sign of strength, not weakness.