MENTAL HEALTH IN TEENAGERS

Taking care of your mind is as important as taking care of your body.

By Victoria Avendaño Garcia

INTRODUCTION

Mental health is very important for teenagers.
Many feel sad, stressed, or worried because of school, family, or social media.
It's normal to have bad days, but taking care of your mind helps you feel better.

MAIN CAUSES

Too much homework or exams.

Problems with friends and family,

Comparing yourself to others on line.

stress is normal, but don't let it control your mind.

HOW TO FEEL BETTER

Talk to someone you trust

Do fun things you enjoy

sleep well and eat healthy

Take small breaks every day

Importance of
SEEKING HELP

Asking for help shows courage, not weakness.
Sharing your feelings can make healing easier and faster.