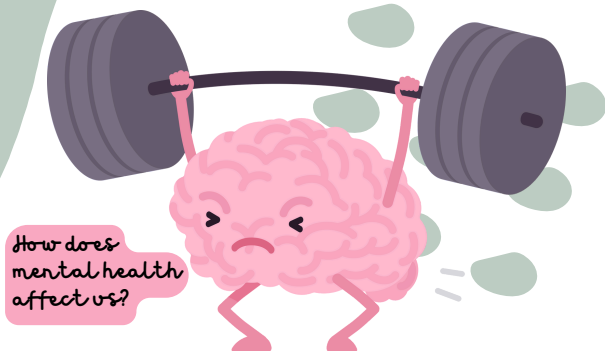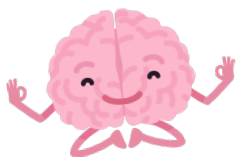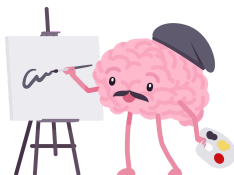# MENTAL HEALTH

How does mental health affect us?

IT AFFECT US...

Doing exercise or staying active helps us feel calm and happy. It reduces stress and makes our mind stronger every day.

IMPROVE MENTAL HEALTH

Exercise helps your mind feel calm and relaxed. It reduces stress, anxiety, and sadness. When you move your body, your brain releases happy chemicals that make you feel good and positive.

IMPROVE YOUR SLEEP

Being active during the day helps your body rest at night. Exercise makes you feel tired in a good way, so you fall asleep faster and enjoy deeper, better sleep.

physical exercise

Moving our body keeps our heart, muscles, and bones healthy. It gives us energy and helps us sleep better.

IMPROVE THE SELF-ESTEEM

When we take care of our body, we start to feel proud of ourselves. We believe more in what we can do and feel more confident.

GET BETTER!

A healthy mind and body make us live with more joy and motivation. Every small step helps us grow and feel our best!