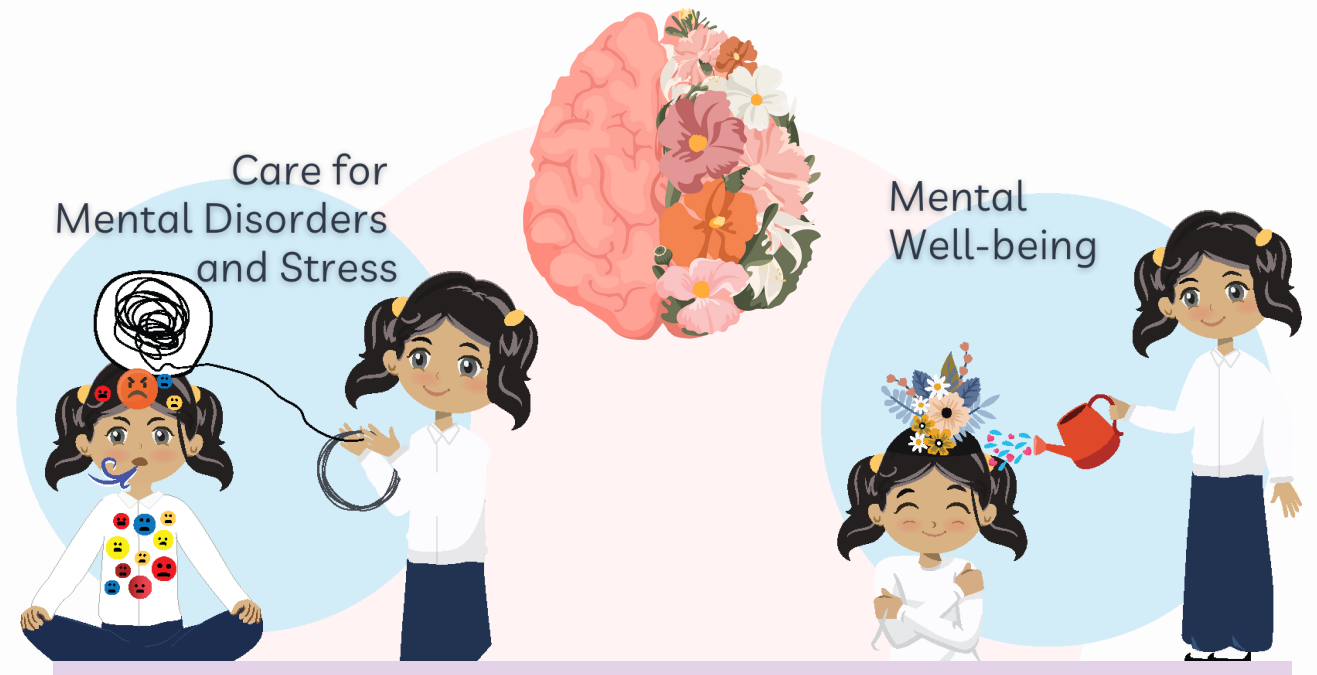


UNDERSTANDING MENTAL HEALTH

HEALTHY MIND

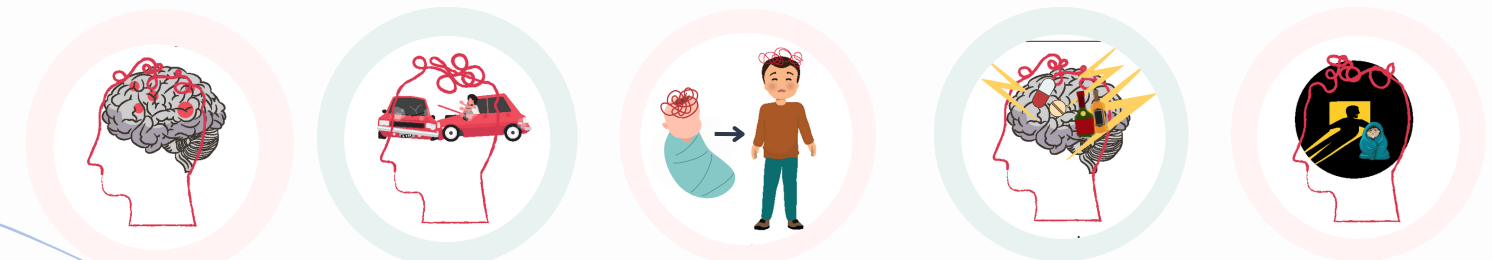


Well-being is when your mind, body, relationships, and other parts of your life are healthy, comfortable, and working well.
Everyone has a right to well-being.

WAYS TO COPE WITH MENTAL STRESS

| | | |
|---|-----------------------------|---------------------------------------|
| <p>Take a Pause</p> | <p>Emotional regulation</p> | <p>Talk to a counsellor</p> |
| <p>Understand what is within your control</p> | <p>Practice self-care</p> | <p>Talk with your support network</p> |

CAUSES OF MENTAL DISORDERS



The imbalance of brain chemistry causing moods to go too far up or down Injuries Born with challenges Drugs & Alcohol Stressful events

Check out more self-care tips in our well-being page!

<https://www.bepriceless.org/well-being>

Come join us in the Children's SEED Course!

<https://bit.ly/ChildrenSEED>

免費! Free!