DEFINING
MENTAL HEALTH

MENTAL HEALTH IS HOW WE:

THINK

MENTAL HEALTH

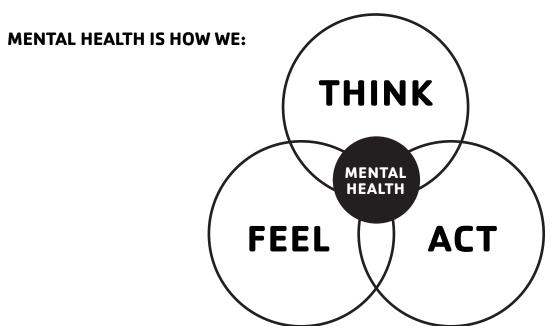**FEEL**   **ACT**

Our mental health is part of our physical health. The way we take care of ourselves can make us feel better or worse. In other words, the way we treat ourselves impacts our health.

REFLECT:

1. How do your thoughts and feelings impact how you act?

2. What are actions you can take that make you feel good?

CHALLENGE:

WITH SOMEONE YOU TRUST, SHARE ABOUT HOW YOU RESPONDED TO THE REFLECTION QUESTIONS.

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