



**GURU TEGH BAHADUR 3RD
CENTENARY PUBLIC SCHOOL**

**POSTER & SLOGANS
ON
MENTAL HEALTH**

Class I

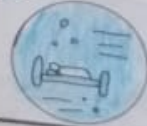
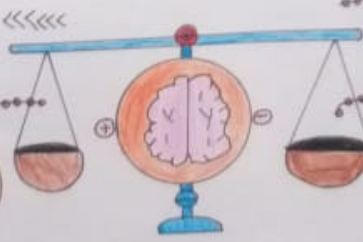
WORLD MENTAL HEALTH DAY

A HEALTHY BODY IS A
GUEST-CHAMBER FOR
THE SOUL; A SICK BODY
IS A PRISON

"GOOD HEALTH ADDS
LIFE TO YEAR'S"

Name- Harnehar
class- I - A

WORLD MENTAL HEALTH DAY



World



MENTAL HEALTH DAY



DEAR
Doctors are open
to all mental health
issues. There
is a support system
from the state
mental health
department.



It
spreadable
disease from a
one person to
another. You
can get it from
one person to
another.



and
from person
to person.
It is spreadable
disease from
one person to
another.

It
lets
making
people
very
sick
but
please
don't
panic!
Let
the
doctor
take
care
of
it.

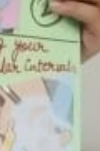


First
let
me
tell
you
how
this
virus
spreads.



You
can
take
the
following
precautions
to
keep
yourself
safe
from
the
virus
of
any
other
virus.

Keep
washing
your
hands
at
regular
intervals
of
time.
Use
soap
for
at
least
20
seconds.



and
wash
immediately
if
you
think
you
have
come
in
contact
with
any
person
or
object
that
might
have
been
contaminated.

It
is
not
a
contagious
disease.
Avoid
the
following
things.



Avoid
visiting
crowded
places.
You
never
know
who
might
be
sick.



Get
medical
advice
if
you
are
sick.!!



If
someone
is
coughing
or
sneezing,
ask
them
to
cover
their
face
with
tissue
paper
or
a
face
mask.



and
avoid
any
other
person
with
any
other
disease.
Avoid
the
following
things.

Don't
worry
friends,
take
care
and
stay
safe...!!



Manraj S. Chadha
Is - A GTB
Roll No: 27

Gunleer Anwar
2021

WORLD + HEALTH MENTAL DAY

WALKS ON FRESH AIR

FRESH AIR

FRUIT

DAILY LIFE

WATER

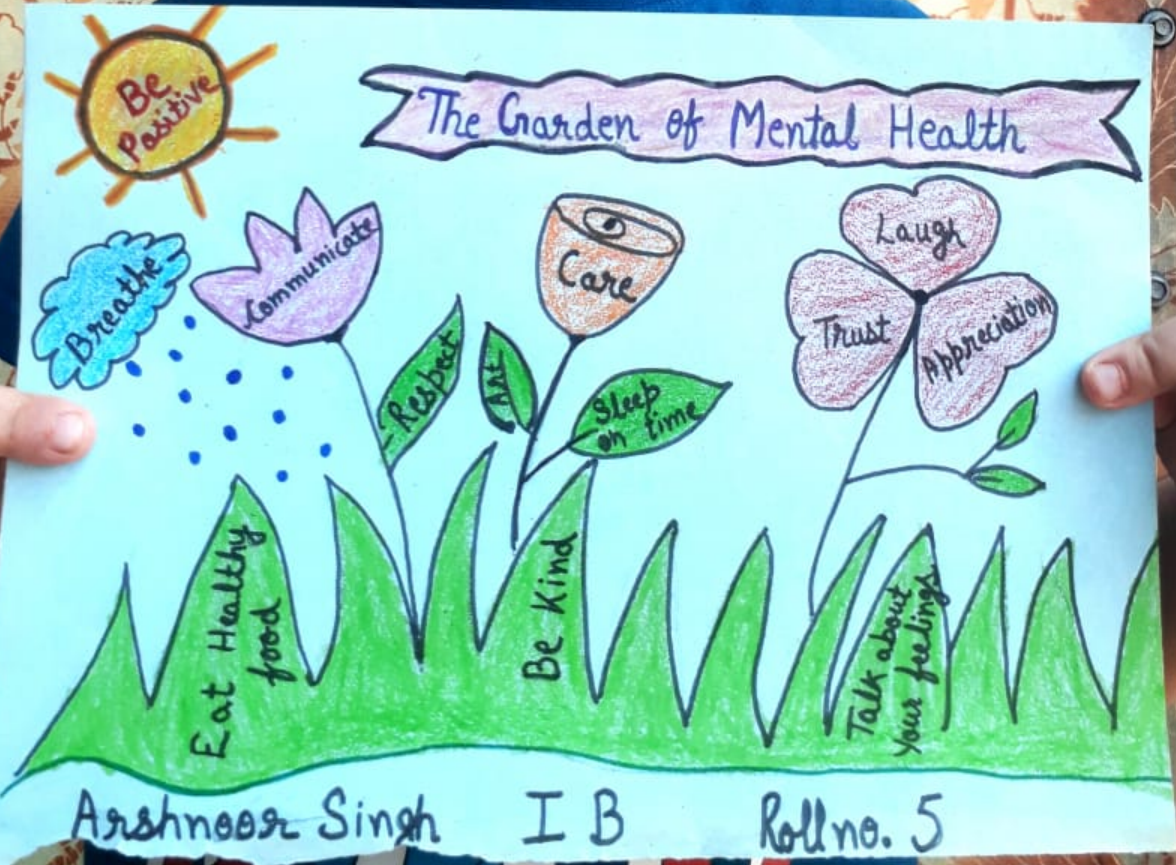
CEREALS

FINES

VEGETABLES

EAT HEALTHY

STAY HEALTHY



BE MINDFUL OF YOUR MENTAL HEALTH


EXERCISE YOUR BRAIN WITH
YOGA AND MEDITATION

 EAT WELL


ACCEPT WHO YOU ARE


KEEP ACTIVE


CARE FOR OTHERS


ASK FOR HELP

VISMARD KAUR
CLASS - I - B

Jaimeela Sidiq
Class - I-B
Roll no - 27

It's
OKAY



To Reach
Out for
HELP



WORLD
MENTAL HEALTH
DAY



IKNOOR KAUR
ROLL NO - 24

BE KIND
TO OTHERS
AND
YOURSELF

TAKE
CARE OF
ME

EAT
HEALTHY
FOOD

GET
OUTSIDE



LEARN TO
HANDLE STRESS
AND EMOTIONS

Why to take care of your
mind?

1. To help prevent mental illness
2. To succeed in school.
3. To build confidence.

MAKE
POSITIVE
FRIENDS

WORLD MENTAL HEALTH DAY



Your illness does
not define you. Your
Strength and
Courage does.

GURVANSH NIND
IIT-A

Shape your **MIND**

to shape your

FUTURE

7 KEYS TO MENTAL WELLBEING

TALKING → Being open with people I trust about how I'm feeling.

EXERCISING → Looking after my body, playing sports/dance, eating healthy...

CALMING → Try mindfulness, meditation and good sleeping habits.

LEARNING → Learn a new skill (e.g. hobby, language, craft, sports, etc.)...

RELATING → Spending time with people I care about...

CONTRIBUTING → Helping others or contributing to a cause I believe in...

CREATING → Expressing myself creatively (e.g. music, art, writing, drama, etc.)...



WORLD
MENTAL
HEALTH
DAY

A healthy mind is
the greatest treasure to
find.

Jayot Singh
Jal - A
Roll no. 21



RACING TEAM

CREATING AWARENESS ABOUT MENTAL HEALTH

4 THINGS TO KNOW ABOUT MENTAL HEALTH



SADNESS AND DEPRESSION ARE NOT SIGN OF WEAKNESS.

FEELING SAD IS NOT ALWAYS BAD

ITS OK TO TALK TO YOUR CHILD ABOUT DEATH AND SUICIDE.

MENTAL ILLNESS IS NOT ALWAYS A COMPONENT OF VIOLENT BEHAVIOUR

EAT WELL

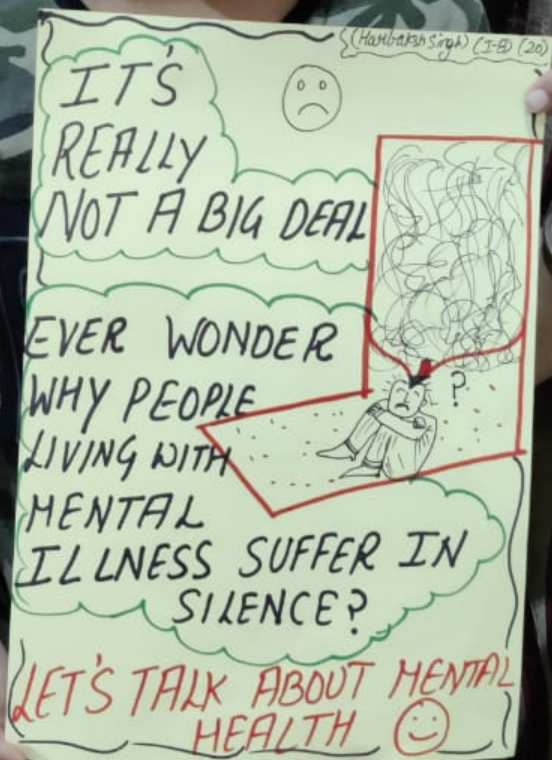


WORK OUT



ASK FOR HELP





Be kind to your
M I N D

do what you
Love

have
fun

Be
Active

make
friends

Celebrate
what makes

you
Special

Take
a Break

Share
a
Smile

Eat
healthy
Laugh
a lot

song
a
Song

Be
Unique



Dinraj Singh

RN=11

Class - 1B

WORLD

Health Day



MADE BY:
GARMANSUKHIJA
16



WORLD
HEALTH
DAY

Ridhima Lamba
35
Ira





CARE FOR ME

10th October



Be gentle
with your
M.T.N.D



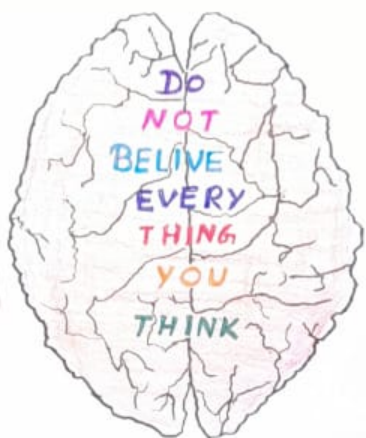
World health is of
extreme importance
for every human



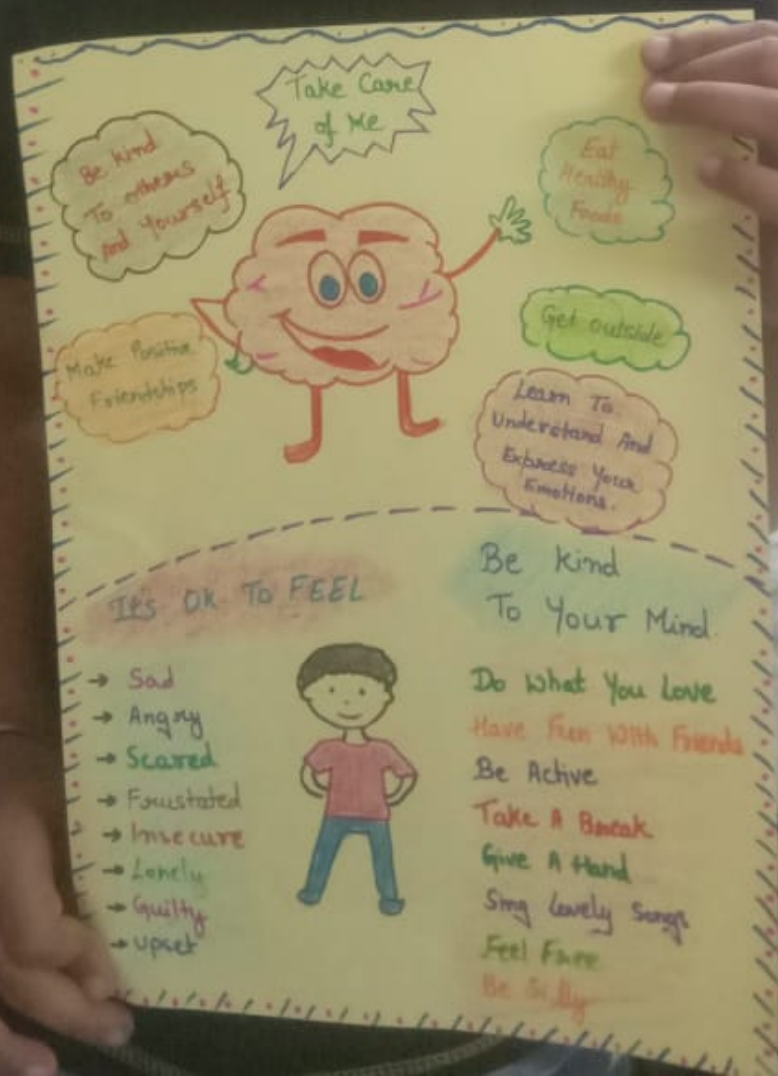
Be mindful with your
mental health

World Mental
Health day





Name - Karishh Singh
Class - I B
Roll no - 32



Take Care
of Me

Be kind
To others
and Yourself

Eat
Healthy
Foods

Make Positive
Friendships

Get outside

Learn To
Understand And
Express Your
Emotions.

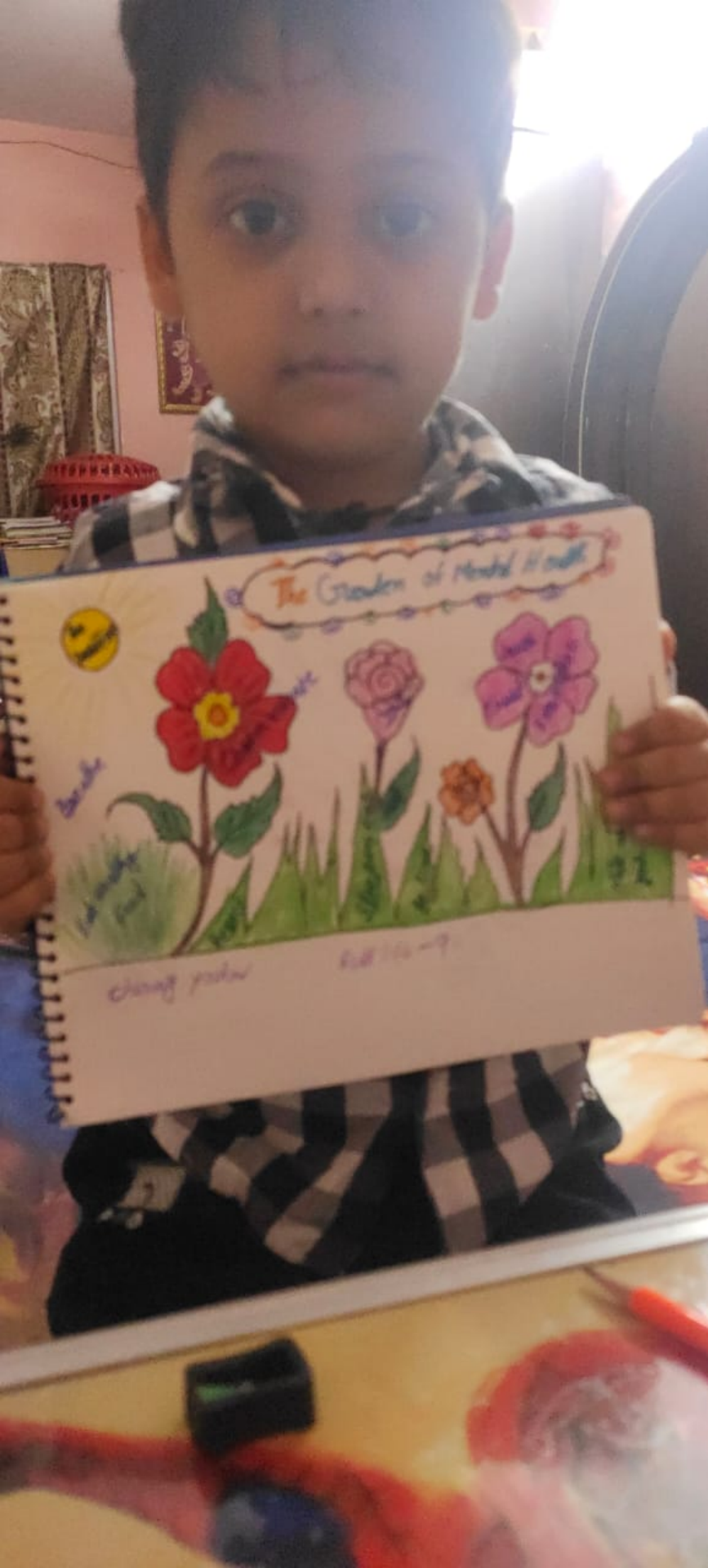
IT'S OK TO FEEL

- Sad
- Angry
- Scared
- Frustrated
- Insecure
- Lonely
- Guilty
- upset



Be kind
To Your Mind.

- Do what You Love
- Have Fun With Friends
- Be Active
- Take A Break
- Give A Hand
- Sing lovely Songs
- Feel Free
- Be Silly



The Garden of Mohd Hudaib



Garden

The Garden of Mohd Hudaib

Mohd Hudaib

18/12/19



10. OCTOBER

WORLD

MENTAL
HEALTH, DAY

Recovery
is not one
and done.



It is a life
long Journey
that takes
Place one day
one step at
a time



I CARE
BETTER

Be Happy Mentally

It's OK to feel sad, angry, worried, lonely, upset, sometimes..

BY SIFAT SINGH IA (57)

Every Day brings a new layer of HOPE

So

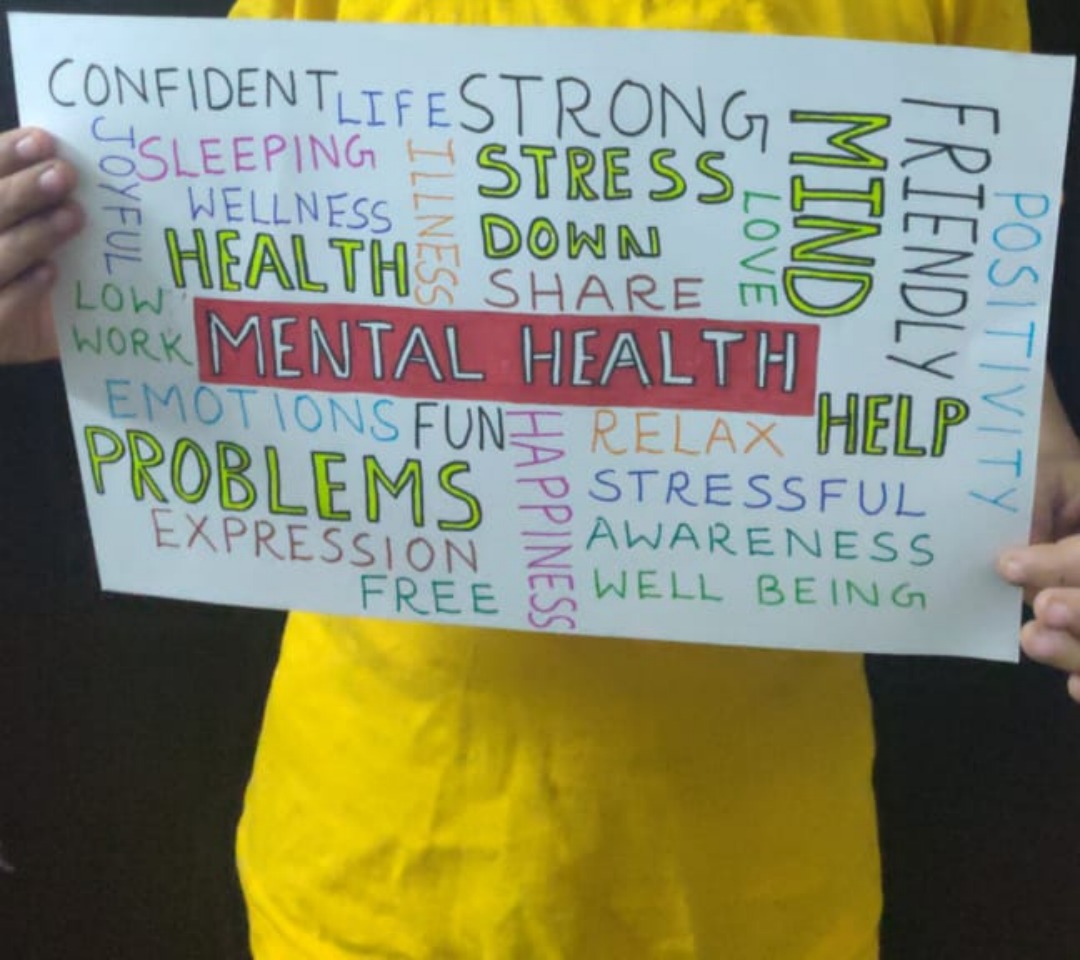
SMILE

Relax
Eat healthy

BE Brave
Kind
Calm

Exercise regularly

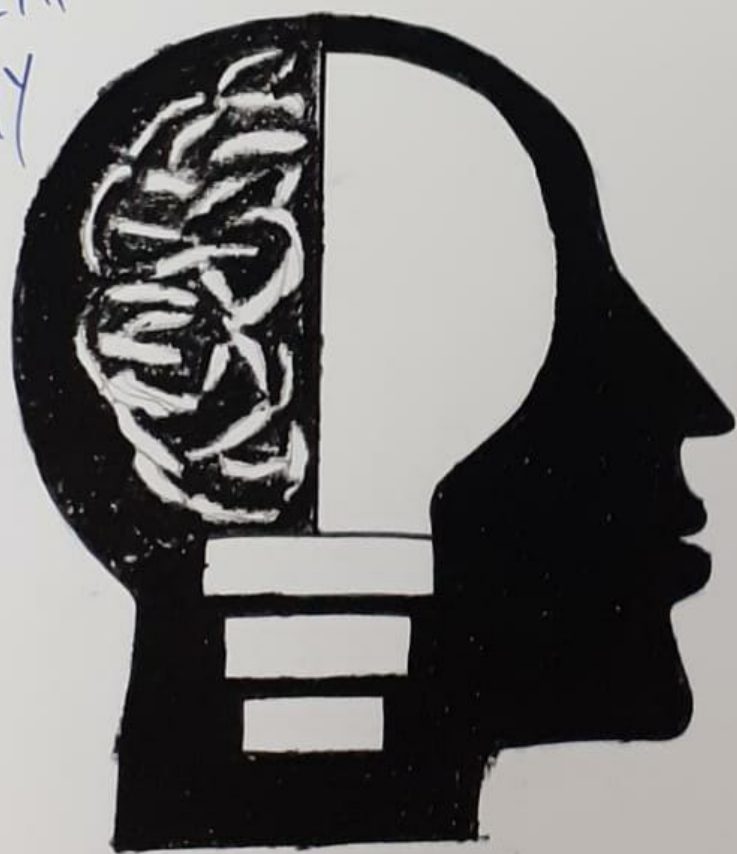




CONFIDENT LIFE STRONG FRIENDLY POSITIVITY
 JOYFUL SLEEPING ILLNESS STRESS LOVE MIND
 WELLNESS HEALTH DOWN SHARE
 LOW WORK **MENTAL HEALTH** HELP
 EMOTIONS FUN HAPPINESS RELAX STRESSFUL
 PROBLEMS EXPRESSION FREE WELL BEING
 AWARENESS

A HEALTHY MIND,
IS THE GREATEST
TREASURE TO FIND.

MENTAL
HEALTH
DAY





Do what to love - have Fun with friends
be ACTIVE=CELEBRATE what make you
SPECIAL-EAT healthy-take a BREAK- connect
with others-give your TIME- help out
SHARE a smile-SING-GIVE a hand-SLEEP
do things BIG and small-be UNIQUE-feel
totally free to BE SILLY-giggle & LAUGH

