

GURU TEGH BAHADUR 3RD CENTENARY PUBLIC SCHOOL

POSTER & SLOGANS ON MENTAL HEALTH

Class II



Awareness on Mental Health



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

HOW TO BE MENTALLY STRONG -

- Don't fear alone time.
- Don't dwell on the Past.
- Don't feel the world owes you.
- Don't expect immediate results.
- Don't worry about pleasing everyone.
- Don't shy away from responsibilities.
- Don't give up after the first failure.
- Don't fear taking calculated risks.
- Don't resent on other people's success.
- Don't let others influence your emotions.
- Don't waste energy on things you can't control.

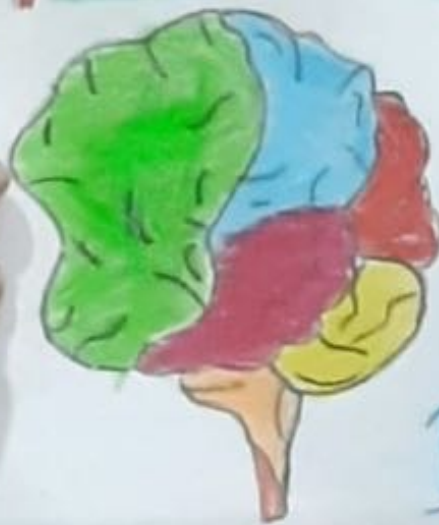
MENTAL AWARENESS



Your illness does not
define you. Your strength
& Courage
does....

By-
Kabir
II-C

MENTALHEALTH
DAY



YOU WERE
BORN TO REAL
NOT TO BE
PERFECT



MENTAL HEALTH TREE

RESPECT

COMMUNICATION

EMPATHY

TRUST

LAUGHTER

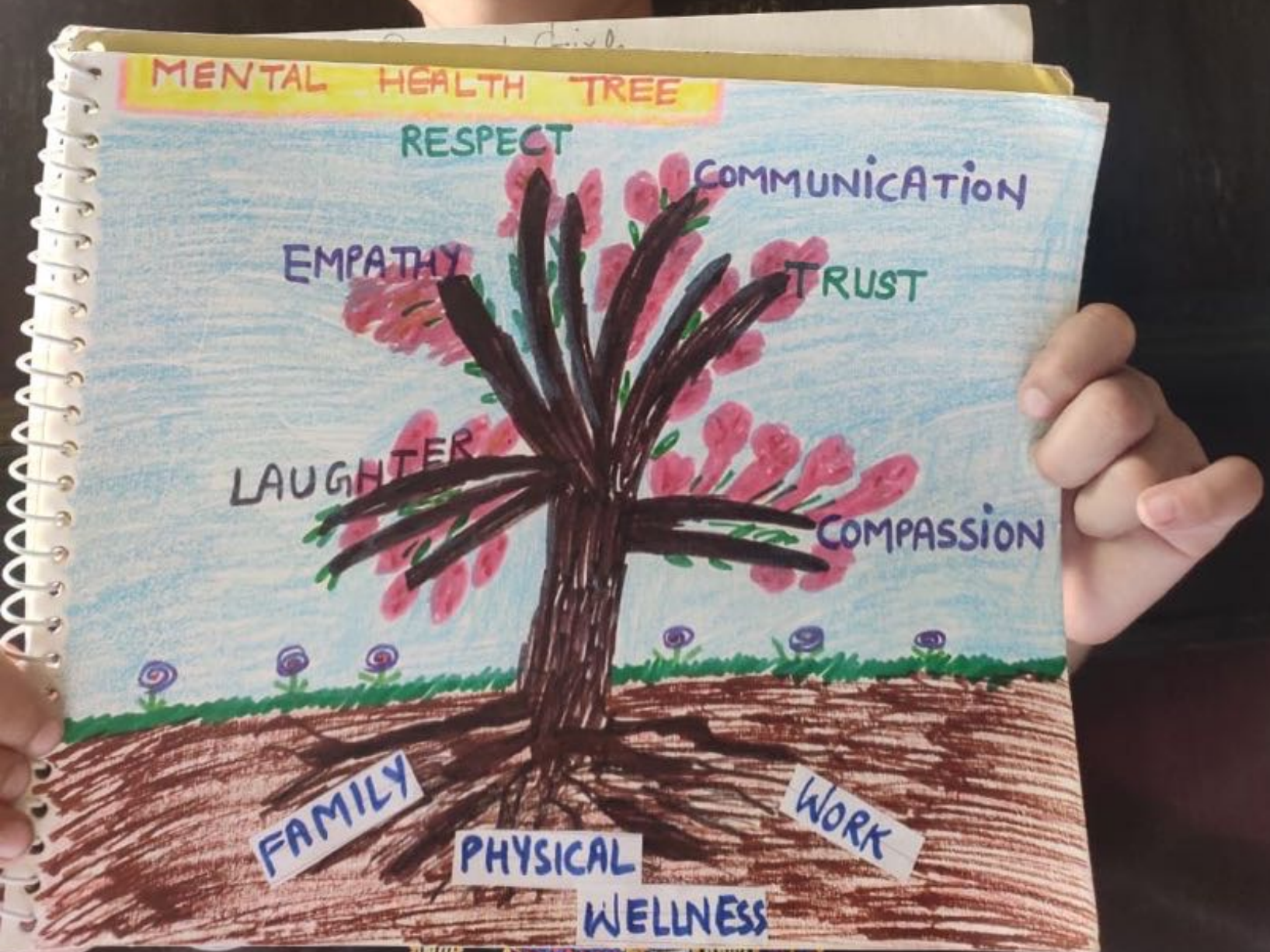
COMPASSION

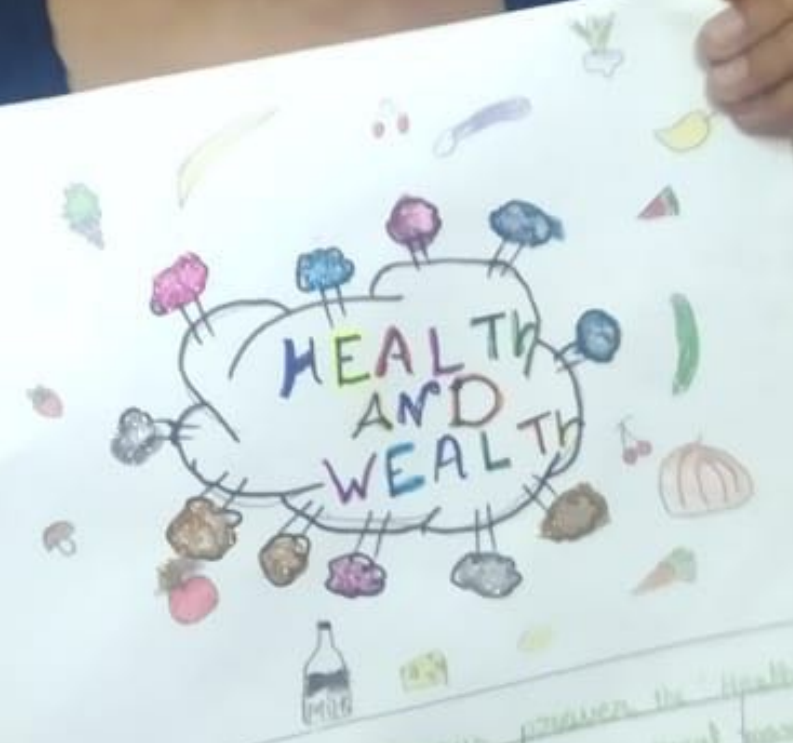
FAMILY

PHYSICAL

WORK

WELLNESS





HEALTH AND WEALTH

It is a very famous proverb the health is wealth which means that health is the great money and prosperity. The definition of health is a state of social well being. For good health, we must eat food that has all the nutrients. A balanced diet is important.

MAKE POSITIVE
THINKING

TAKE CARE
OF
ME

EAT HEALTHY
FOOD

BE KIND TO
OTHERS &
YOURSELVES



LEARN NEW
THINGS

Why take care of your mind?

- * To Help prevent mental illness.
- * To Succeed in School.
- * To Build confidence

Slogans on Mental Health Care...

"OVERNIGHT STARDOM..... CAN BE HARMFUL TO YOUR MENTAL HEALTH. YES, IT HAS RUINED A LOT OF PEOPLE."

"DAILY STRESS CAN LEAVE YOUR HEALTH A MESS."

"IF YOU FEEL LIKE LIFE IS SLOWING..... TRY POSITIVE THINKING"

"DEPRESSION IS A FLAW IN CHEMISTRY NOT CHARACTER."

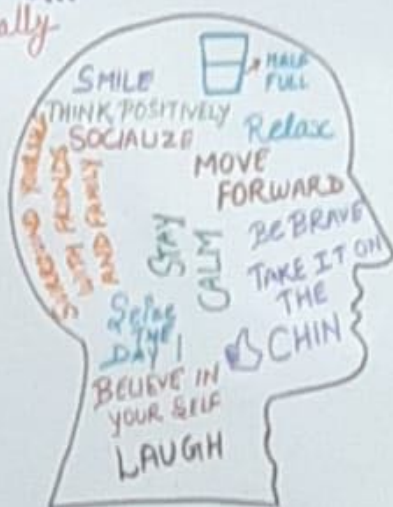
"YOUR MENTAL HEALTH IS A PRIORITY. YOUR HAPPINESS IS AN ESSENTIAL. YOUR SELF CARE IS A NECESSITY."

"TO BE HEALTHY AS AVAILABLE, MENTAL WELLNESS FLIES
Fast"

NAMPANJOT, 11-26

MENTAL HEALTH AWARENESS

BE HAPPY...
Mentally



A healthy mind is
the greatest treasure to
find.



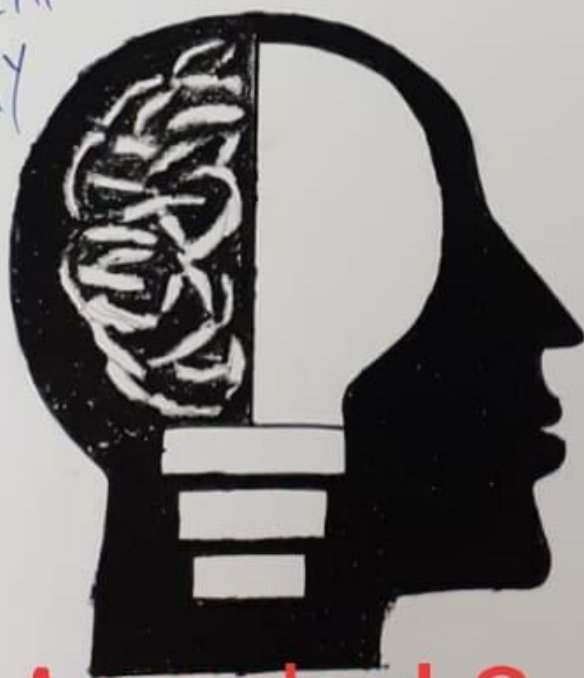
You

11 minutes ago



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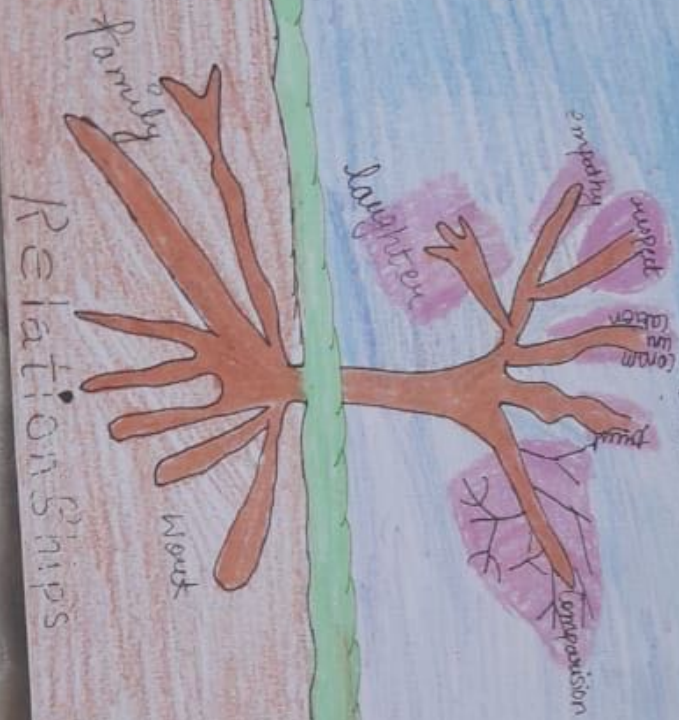
MENTAL
HEALTH
DAY



Aanchal 2-A



TREE OF MENTAL WELLNESS



family
Relationships

kirat Dhanjal 2-A

Kirat Dhanjal, Student *April 20, 2018*

MENTAL HEALTH...
IS NOT A DESTINATION,
BUT A PROCESS.



IT'S ABOUT
HOW YOU DRIVE,
NOT WHERE YOU'RE GOING.

YOUR
STRUGGLE
IS PART OF
YOUR STORY



Nightmares Can be turned
into dreams

Be nice to be yourself

Kind seek help

We are right here



kavleen kaur 2-A

AWARENESS ON MENTAL HEALTH



Amanjot Singh2-A

Surveen 2-A



To healthy

As a whole
Mental wellness

Plays a role



Why take care of your mind?

- TO HELP PREVENT MENTAL ILLNESS.
- TO SUCCEED IN SCHOOL.
- TO BUILD CONFIDENCE.
- TO LIVE A POSITIVE AND HEALTHY LIFE.

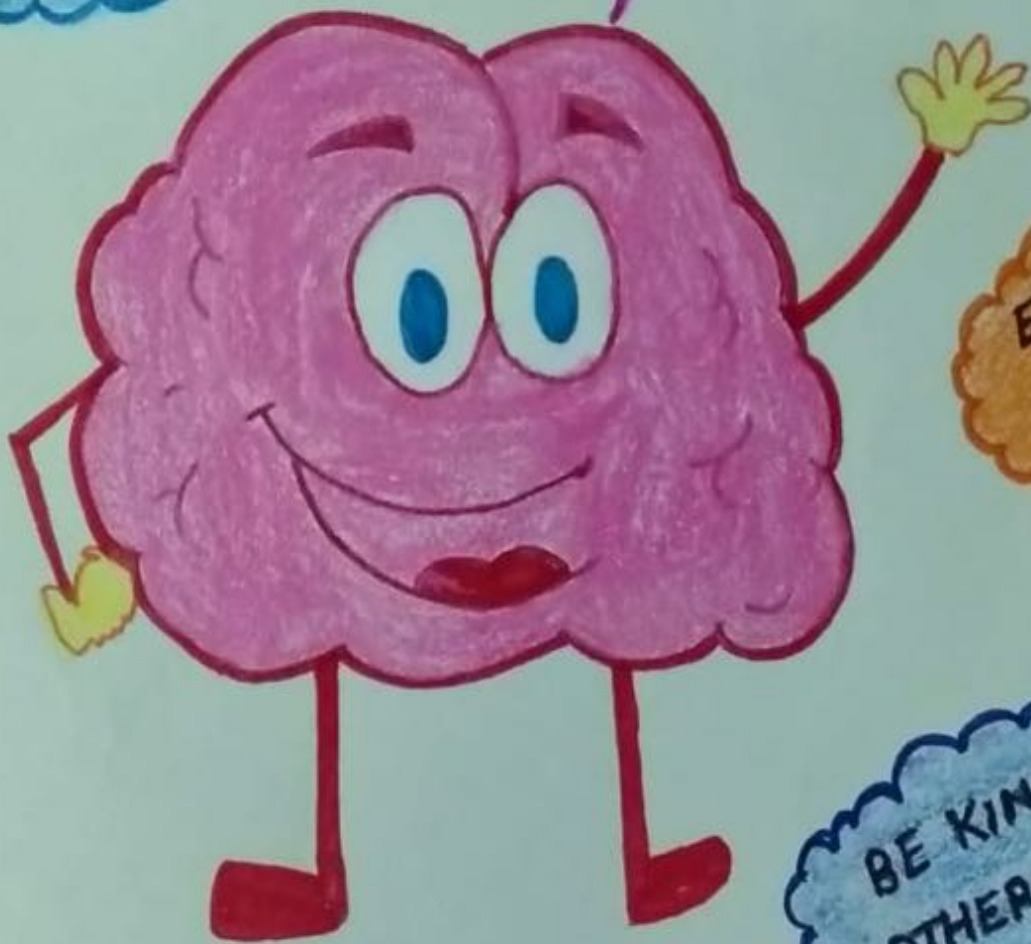


Why take care of your mind?

- TO HELP PREVENT MENTAL ILLNESS.
- TO SUCCEED IN SCHOOL.
- TO BUILD CONFIDENCE.
- TO LIVE A POSITIVE AND HEALTHY LIFE.

GET
OUTSIDE

TAKE CARE
OF ME



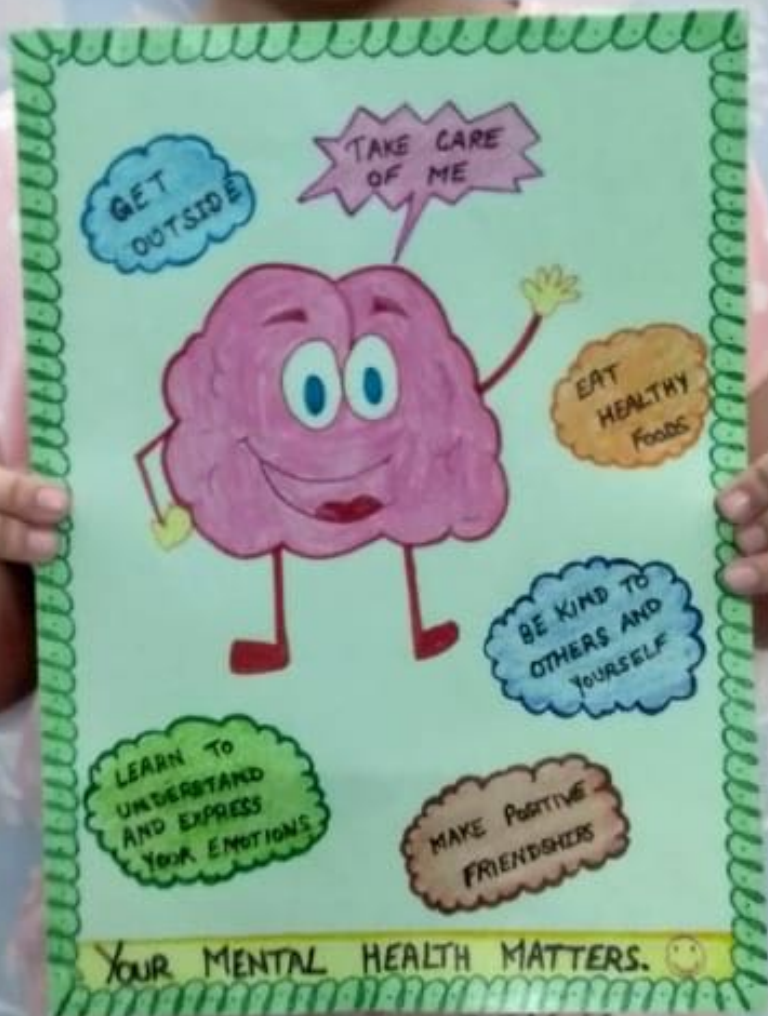
EAT
HEALTHY
FOODS

BE KIND TO
OTHERS AND
YOURSELF

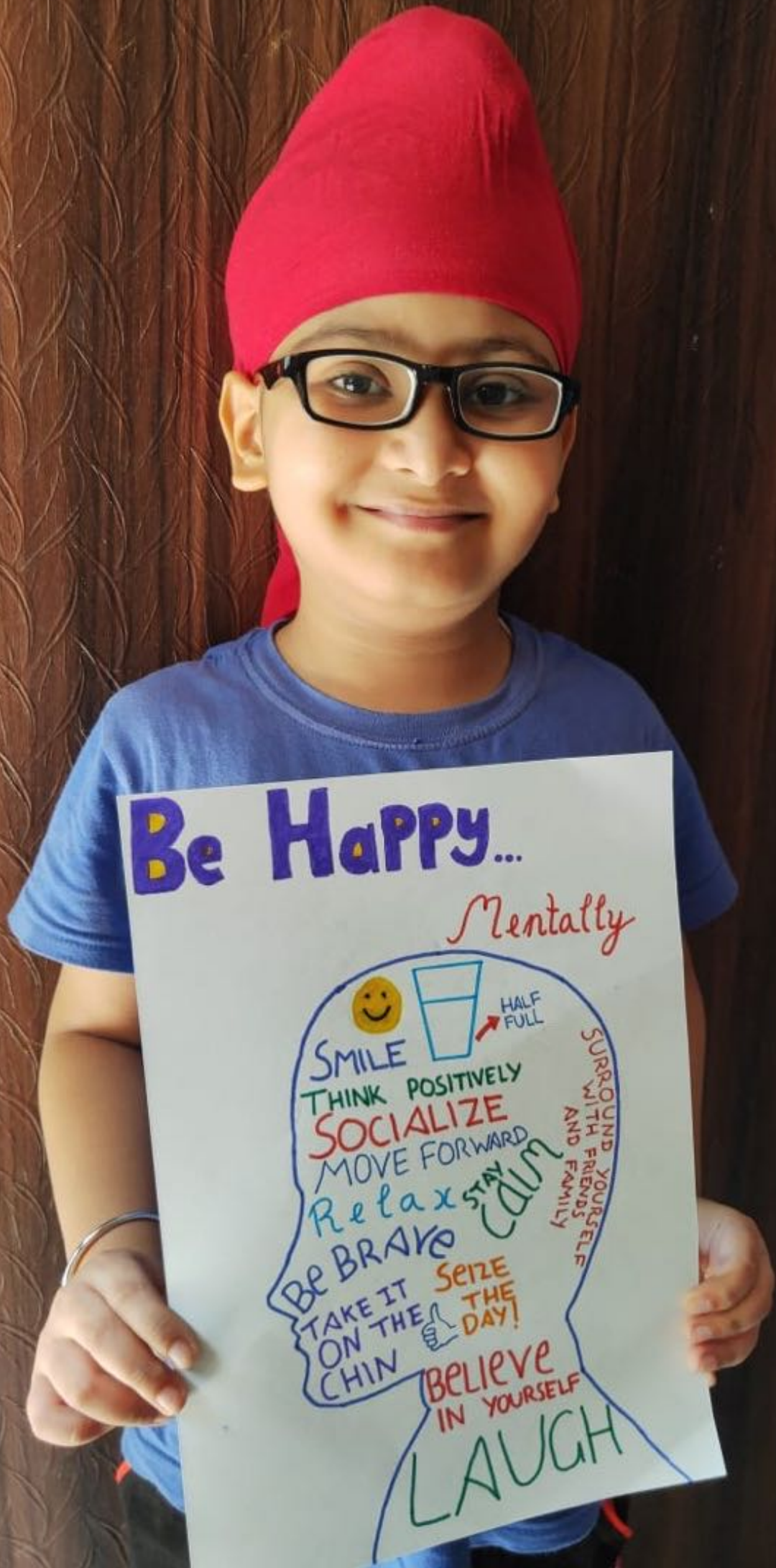
LEARN TO
UNDERSTAND
AND EXPRESS
YOUR EMOTIONS

MAKE POSITIVE
FRIENDSHIPS

YOUR MENTAL HEALTH MATTERS. 😊



UNICORN



Be Happy...

Mentally

SMILE

HALF FULL

THINK POSITIVELY

SOCIALIZE

MOVE FORWARD

Relax

BE BRAVE

TAKE IT ON THE CHIN

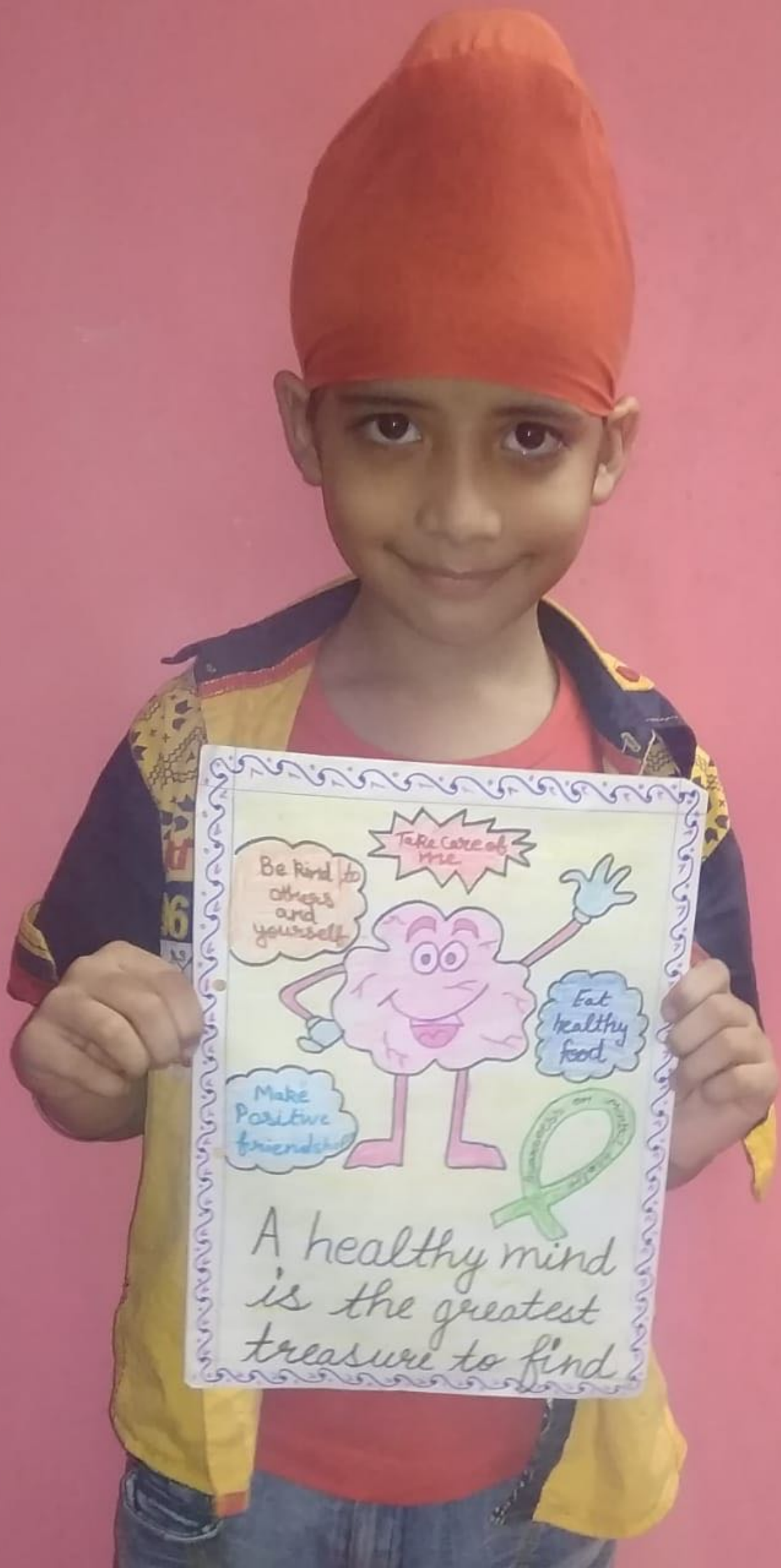
SEIZE THE DAY!

BELIEVE IN YOURSELF

LAUGH

SURROUND YOURSELF WITH FRIENDS AND FAMILY

CALM



Be kind to others and yourself

Take Care of me

Eat healthy food

Make Positive friendship



A healthy mind is the greatest treasure to find

It's
okay

to reach
out for
help



Awareness on
Mental Health

Name - Ritabh Kumar
Roll no - 34
Class & Sec - II B



Happy Mind
Happy Life

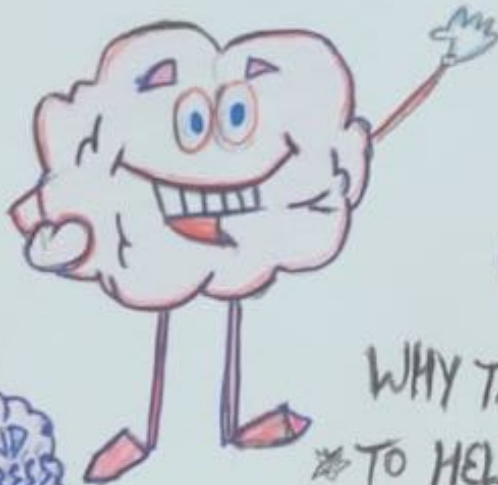
BE KIND TO
OTHERS AND
YOURSELF

TAKE
CARE OF
ME

YOUR
MENTAL
HEALTH
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GET
OUTSIDE

EAT HEALTHY
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MAKE
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LEARN TO
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WHY TAKE CARE OF YOUR MIND?

- ★ TO HELP PREVENT MENTAL ILLNESS
- ★ TO SUCCEED IN SCHOOL
- ★ TO BUILD CONFIDENCE
- ★ TO LIVE A POSITIVE AND HEALTHY

Good Fat Kaur, Roll No - 15118