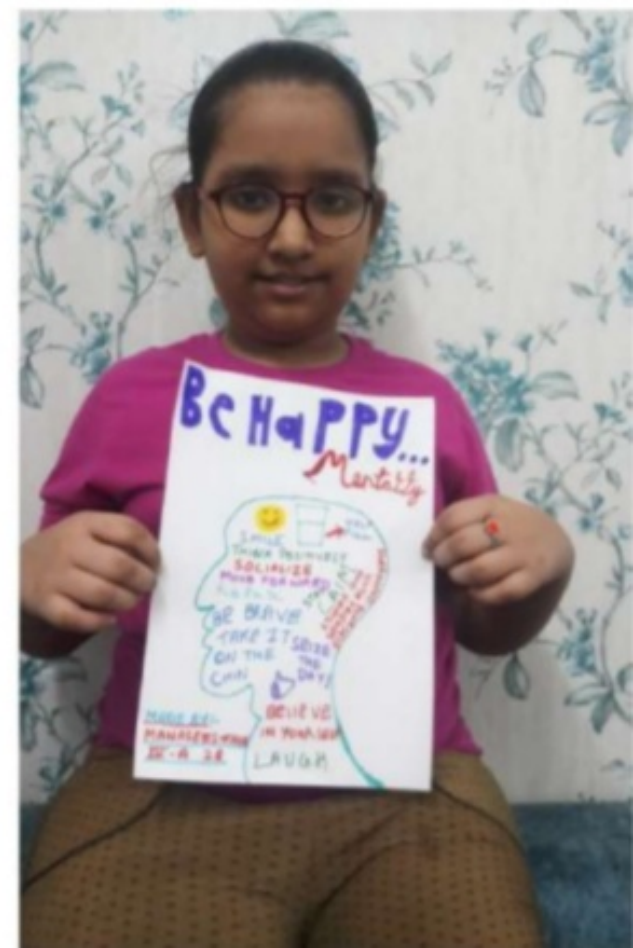
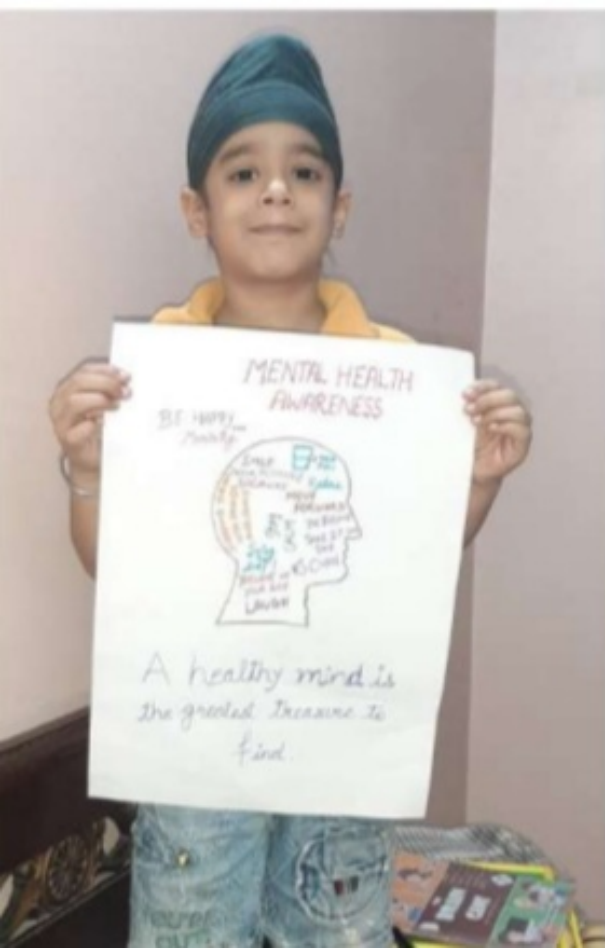
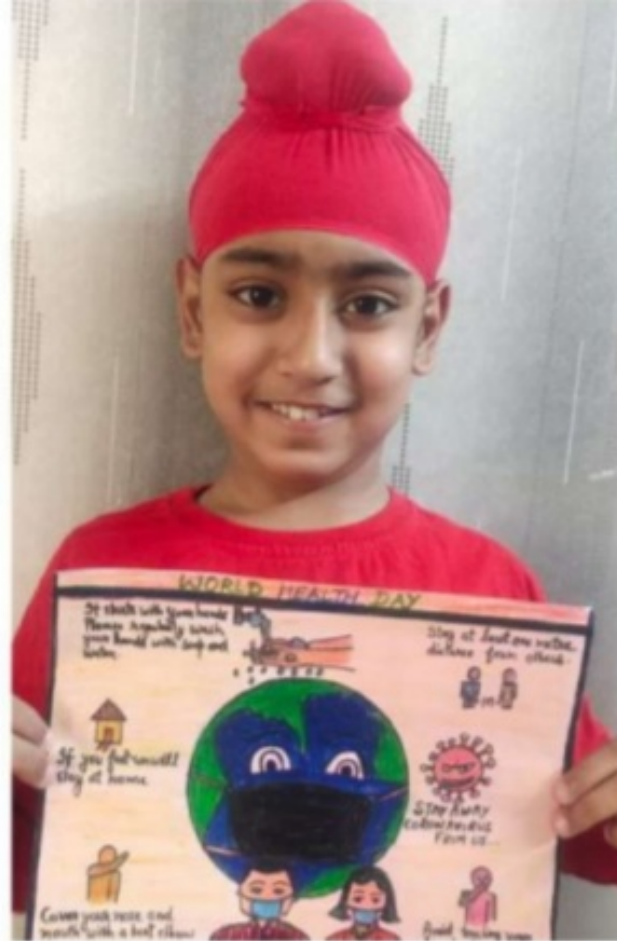


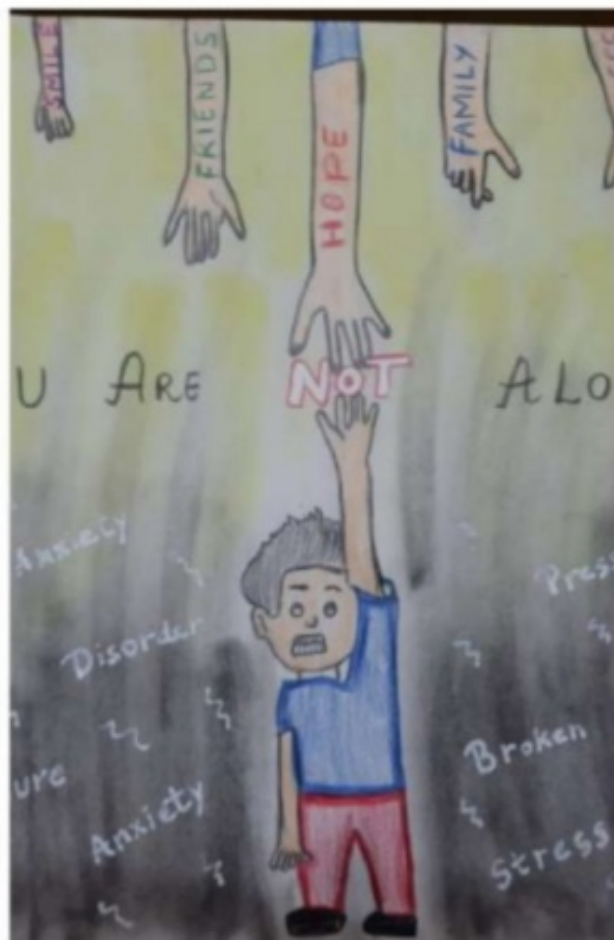
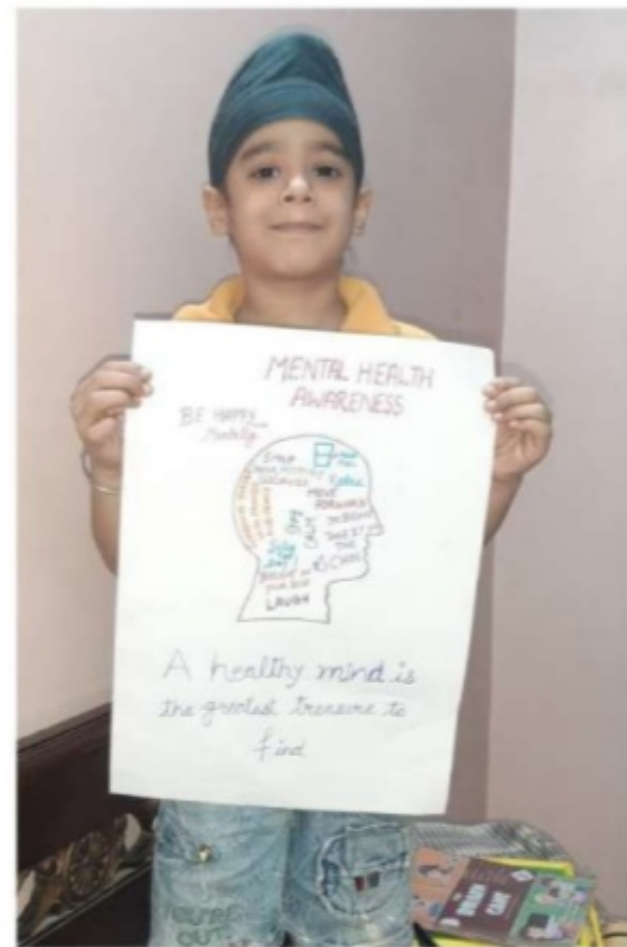
The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a 3D effect.

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

**POSTER & SLOGANS
ON
MENTAL HEALTH**

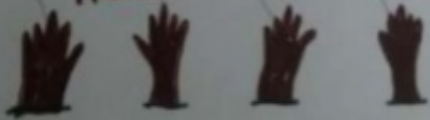
Class IV





be Kind to your
MIND

do what you **LOVE**. have **FUN** with friends
be **ACTIVE**. **CELEBRATE** what makes you
SPECIAL. **EAT** healthy. take a **BREAK**. connect
with others. give your **TIME**. help out
SHARE a smile. **SING**. **GIVE** a hand. **SLEEP**
on things **BIG** and small. be **UNIQUE**. feel
totally free to **BE SILLY**. **GIGGLE & LAUGH**
TAKE CARE OF YOUR MENTAL HEALTH
ACCEPT WHO YOU ARE



ANSHDEEP SINGH ROLL NO. 11

WORLD MENTAL HEALTH DAY



Reduce Negativity

Daily Journaling

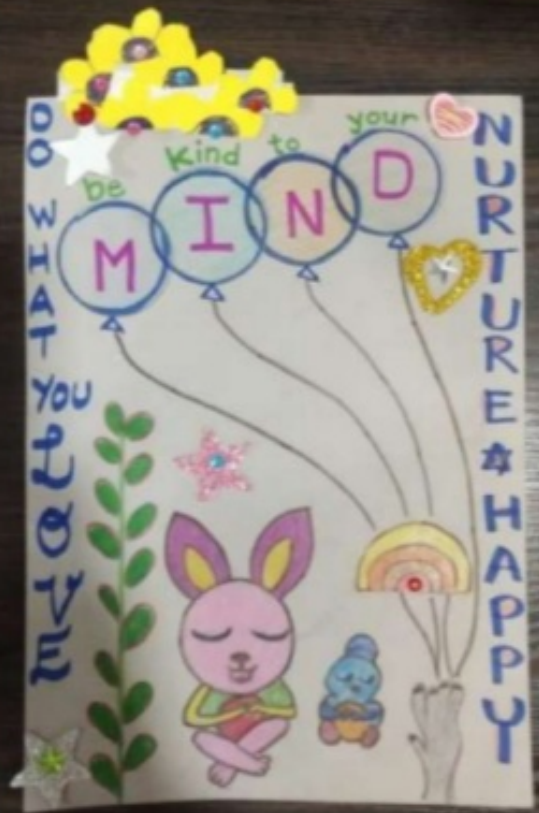
Regular Exercise

Practice Self Care

Read More


Reduce screen time

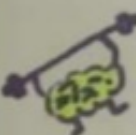
Jasleen kaur
IV - B Roll No. 23




Our Minds are so powerful, that we can create and invent with our thoughts only...

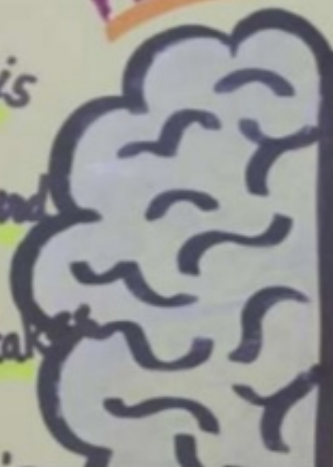
SO, CHANGE YOUR WORDS -----

 I can't do this

 This work is too hard


 I always make mistakes


FIXED




GROWTH



I can try different strategy... 

It may take time and effort... 

Mistakes help me to learn better 

My parents and teachers...

The Sun will rise
and we will try again!!



Mental Health
Awareness

Ravleen Kaur (IVth-B) (39)

OTHERS AND YOURSELF
GET OUTSIDE
EAT HEALTHY FOODS
LEARN TO UNDERSTAND AND EXPRESS YOUR EMOTIONS
MAKE POSITIVE FRIENDSHIPS

Why take care of your mind?

- ♥ To help prevent Mental Illness
- ♥ To Succeed In School

HEALTH IS WEALTH

It is a very famous proverb that Health is wealth which means that health is the real money and prosperity. The definition of health is a state of a person physical, mental, emotional and social well being. For good health, we must eat food that is all nutritious & balanced diet is important.

GET OUTSIDE
EAT HEALTHY FOODS
LEARN TO UNDERSTAND AND EXPRESS YOUR EMOTIONS
MAKE POSITIVE FRIENDSHIPS

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.

It's Okay to reach out for help



jeet kaur World Mental Health

MENTAL HEALTH

Care about Your mental health

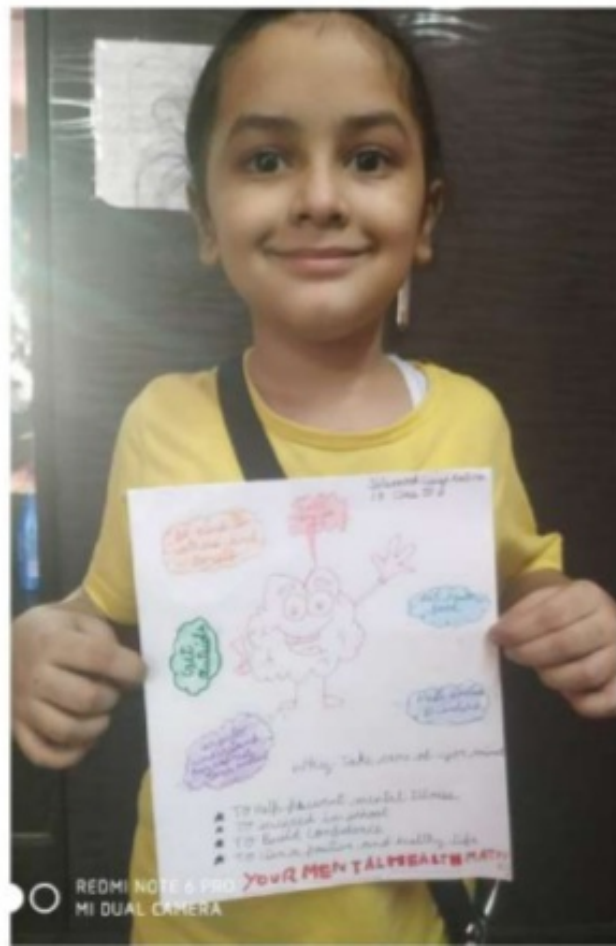
GET OUTSIDE
EAT HEALTHY FOODS
LEARN TO UNDERSTAND AND EXPRESS YOUR EMOTIONS
MAKE POSITIVE FRIENDSHIPS

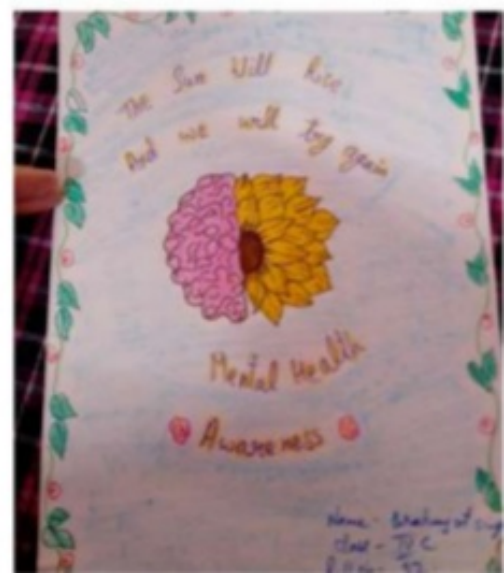
Why take care of your mind?

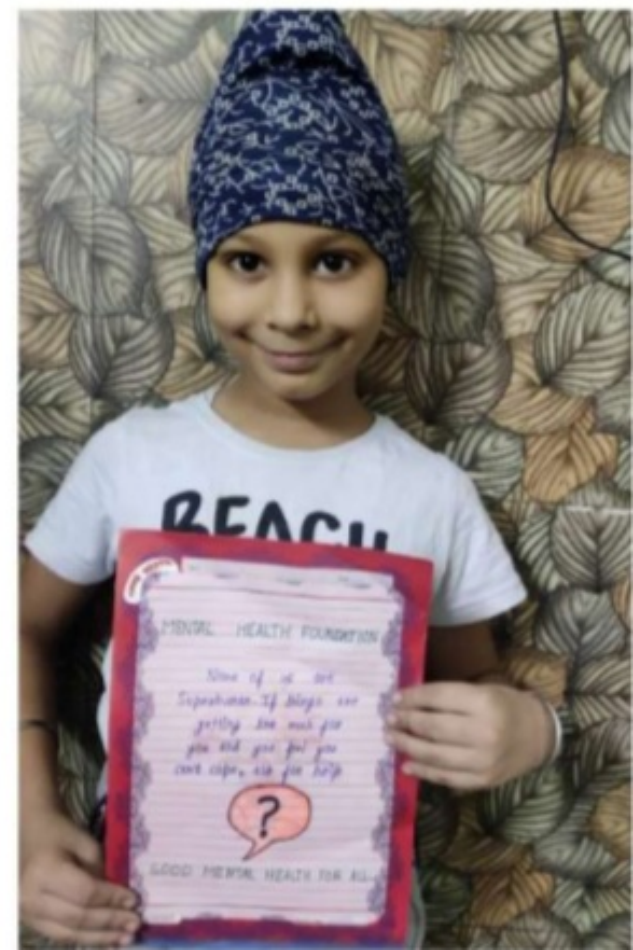
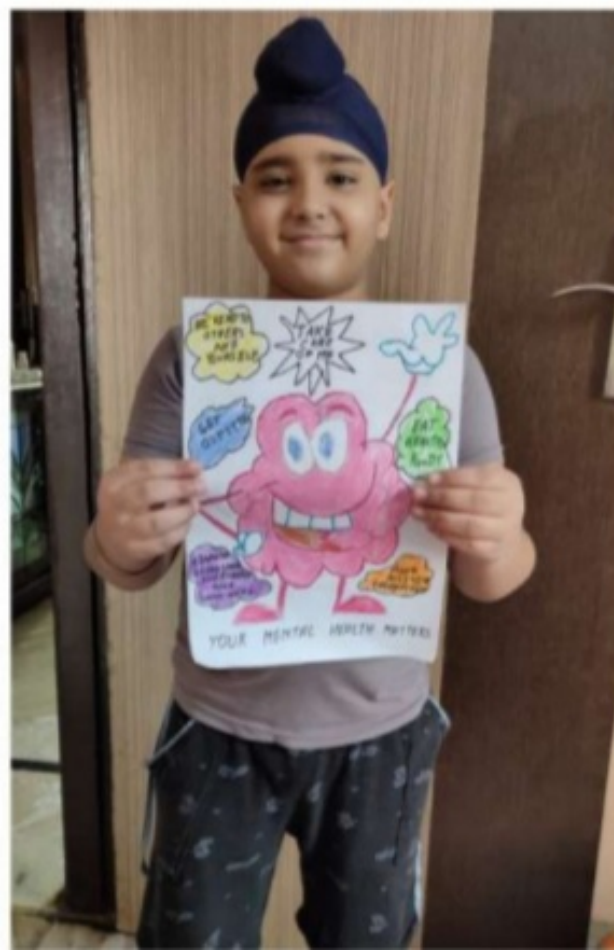
- TO HELP PREVENT MENTAL ILLNESS.
- TO SUCCEED IN SCHOOL.
- TO BUILD CONFIDENCE
- TO LIVE A POSITIVE AND HEALTHY LIFE.

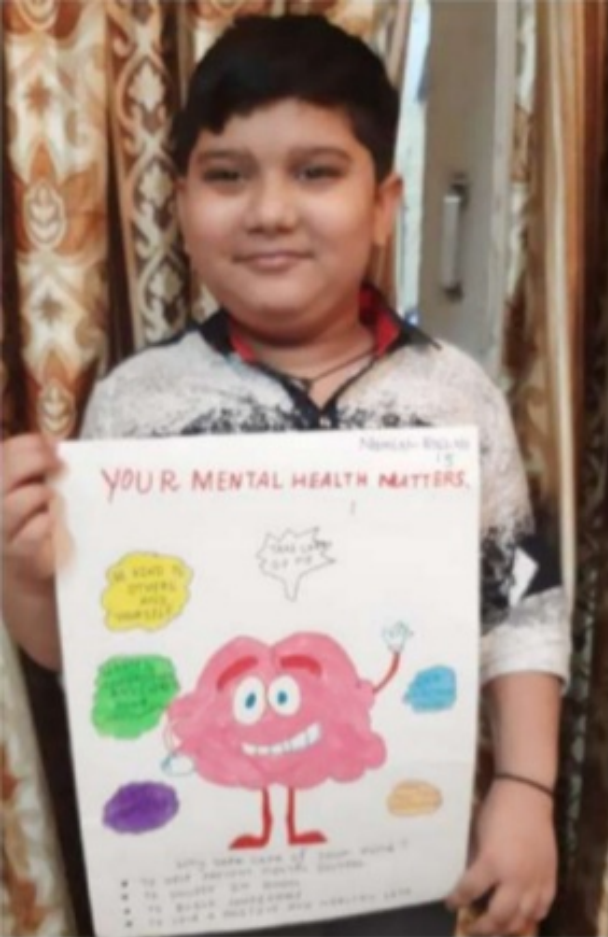
YOUR MENTAL HEALTH MATTERS

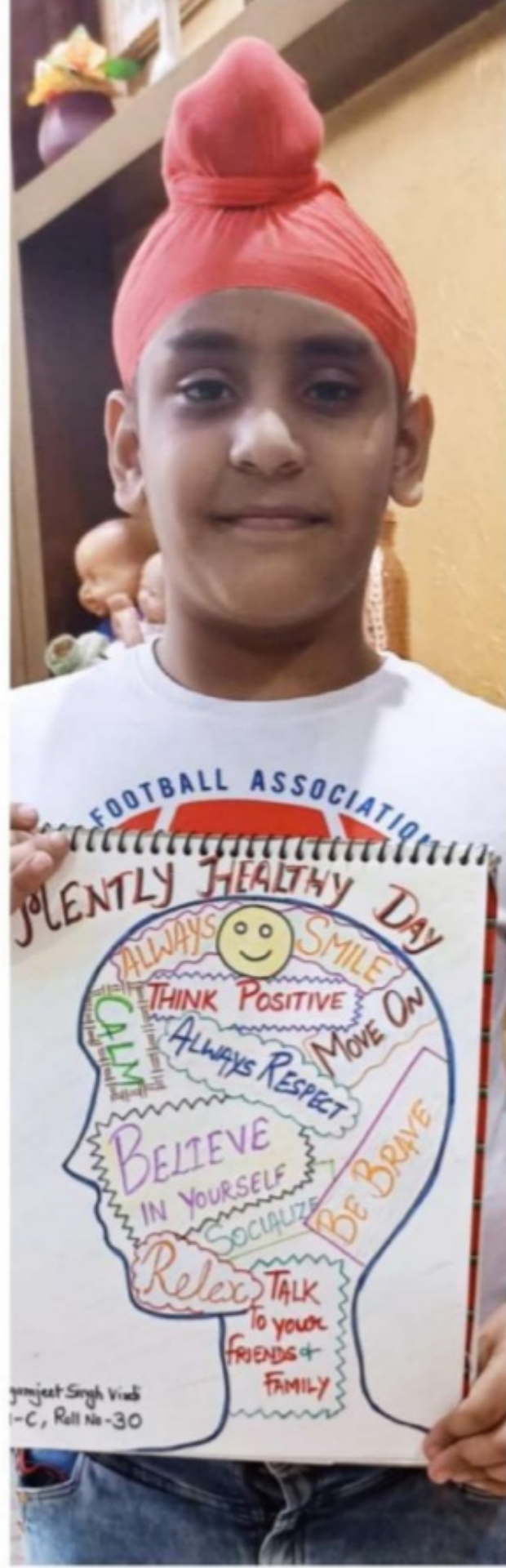
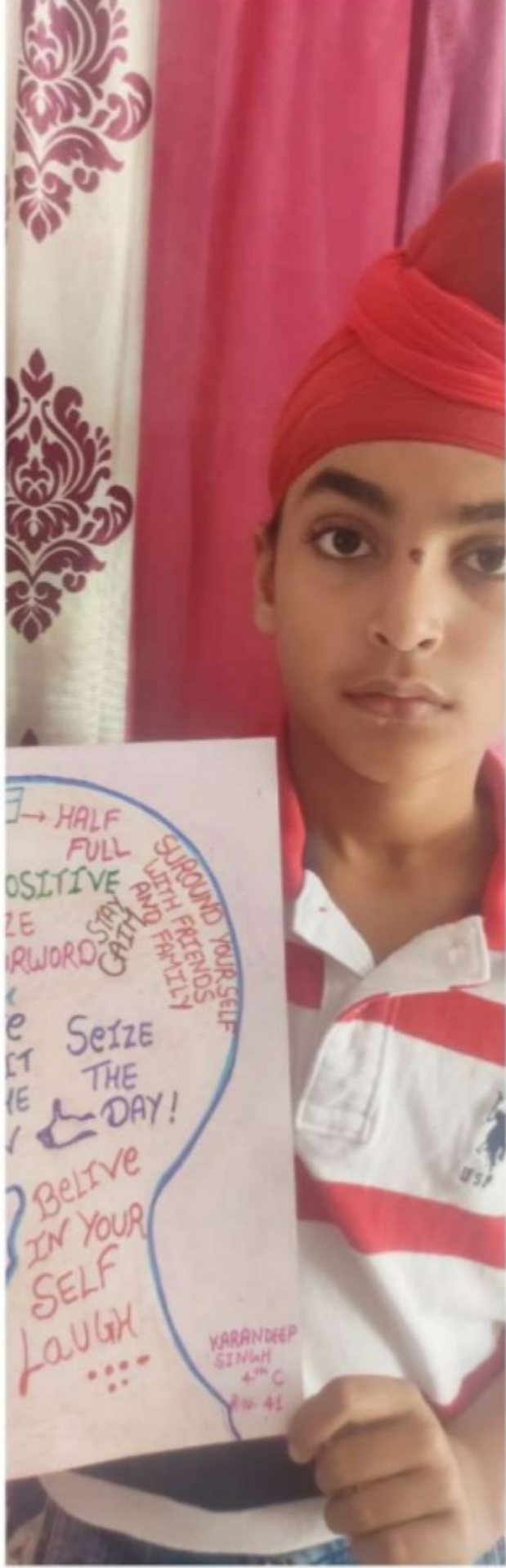
Hargun kaur roll no 14



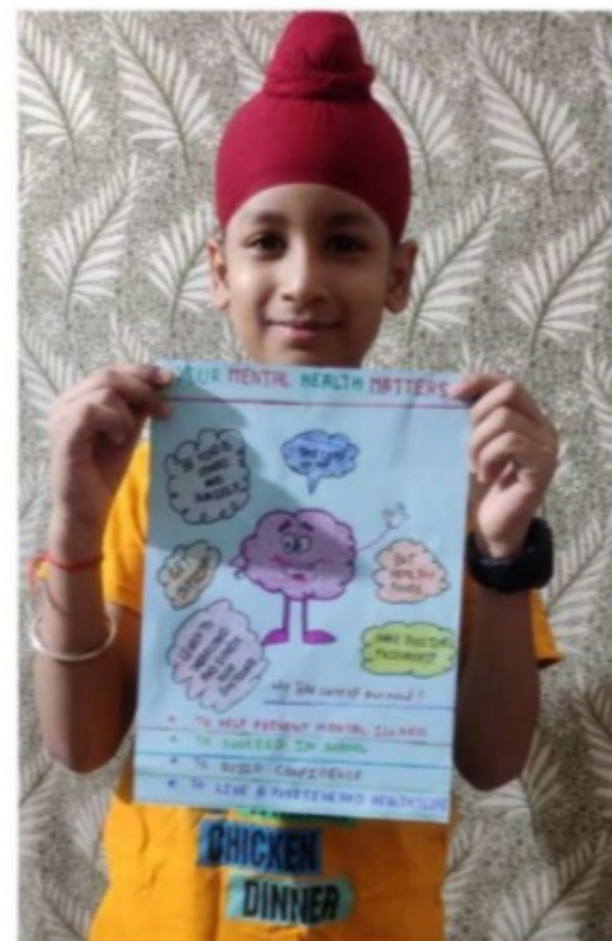
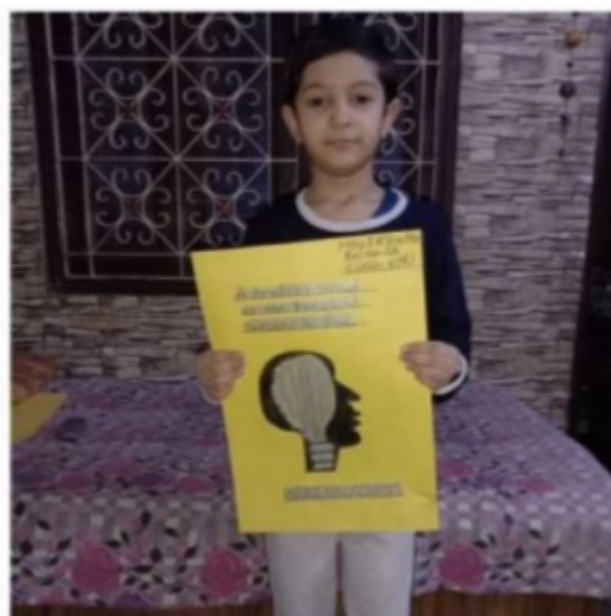














Mental Health
Awareness



Care about your
mental health one
Problem
many solutions seek
help at the end



“To Be Healthy
As A Whole,
Mental
Wellness
Plays A
Role”

DESTINATION...
BUT A PROCESS.
IT'S ABOUT HOW