

GURU TEGH BAHADUR 3RD CENTENARY PUBLIC SCHOOL

POSTER & SLOGANS

ON

MENTAL HEALTH

Class VII

MENTAL HEALTH AWARENES



Harkirat Singh
VII-C

SLOGANS ON MENTAL HEALTH

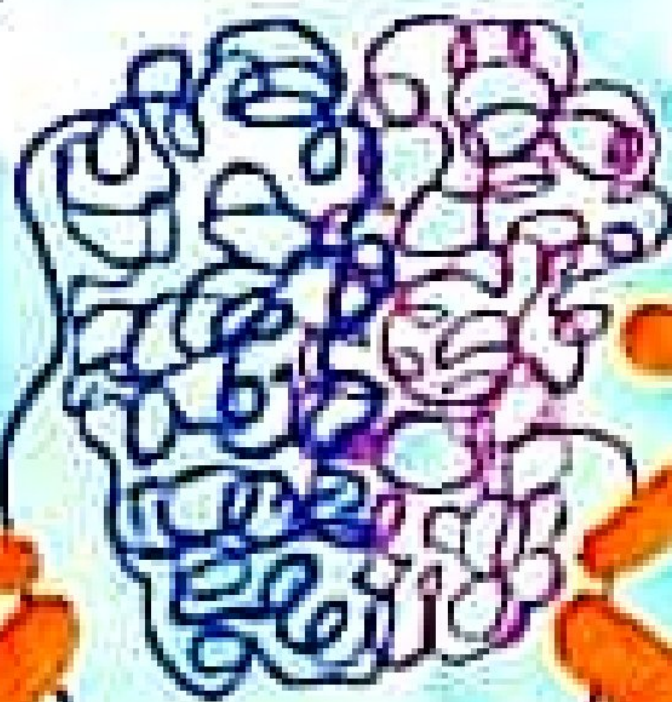
Mental wellness
play a role in
life.

Mental illness
is not a person
failure.

Peace of mind allow
positive mental
health.



MENTAL HEALTH



MATTERS

DR. D. MANKIRAT KADU

QUOTES ON MENTAL HEALTH

I SUPPORT MENTAL HEALTH AWARENESS
MONTH BECAUSE EVERYONE DESERVES TO GOOD

YOUR ILLNESS DOES NOT DEFINE YOU. YOUR
STRENGTH AND COURAGE DOES.

THE REVENGE IS NO REVENGE. HEAL
MOVE ON BE HAPPY.

SHE OVERCAME EVERYTHING THAT WA
MEANT TO DESTROY HER.



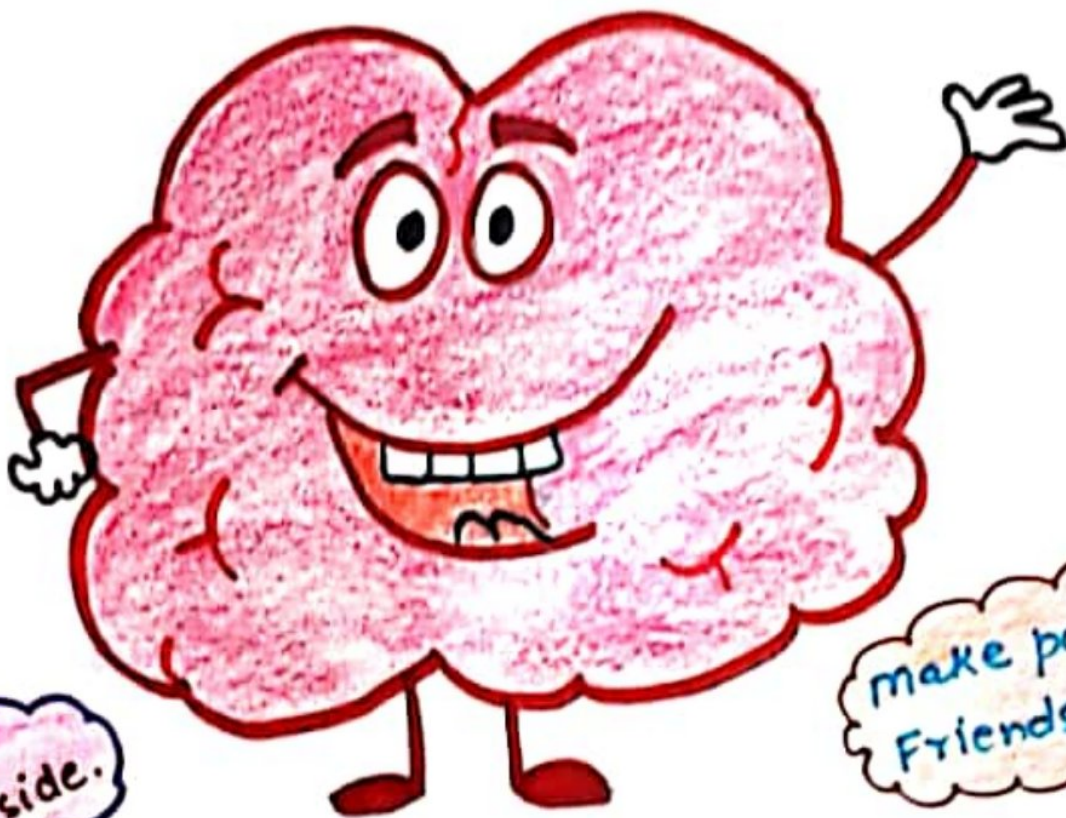


YOUR MENTAL HEALTH MATTER

Be kind to
others
And Yourself

TAKE CARE
OF ME!

Eat Healthy
Foods.



Get
Outside.

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.

HANSPREET SINGH
VII D R.No.15.



BE HAPPY....

Mentally



CHIRAG
VII - D
5

HAND OF MENTAL HEALTH

FOOD & NUTRITION

WHAT DID YOU EAT DURING THE DAY?
DID YOU REMEMBER TO SNACK?
DID YOU EAT LEISURELY OR
WERE YOU IN A RUSH?
WHO DID YOU ENJOY YOUR MEALS
WITH?

Sleep & Rest

DID YOU SLEEP WELL?
WHAT TIME DID YOU GO TO BED?
DID YOU WAKE UP REFRESHED?
DID YOU HAVE TIME TO RELAX & REST?

RELATIONSHIPS AND EMOTIONS

HOW WAS YOUR MOOD TODAY?
WHAT MADE YOU HAPPY OR SAD?
DID YOU TELL SOMEONE ABOUT YOUR EMOTIONS?
WHAT WILL YOU DO WITH YOUR FAMILY?



DAILY RHYTHM

EXERCISE and moving together

DID YOU CLIMB, RUN, CRAWL, DANCE
OR JUMP TODAY?
HOW DOES EXERCISE MAKE YOU FEEL?

PLAYING & CREATIVITY

DID YOU DO SOMETHING CREATIVE?
THINGS DID YOU DO TODAY? WHAT IS
BEAUTIFUL IN YOUR EYES?





DEPRESSION
is a form of
CHEMISTRY NOT
CHARACTER



TO BE HEALTHY
IS A WHOLE
MENTAL

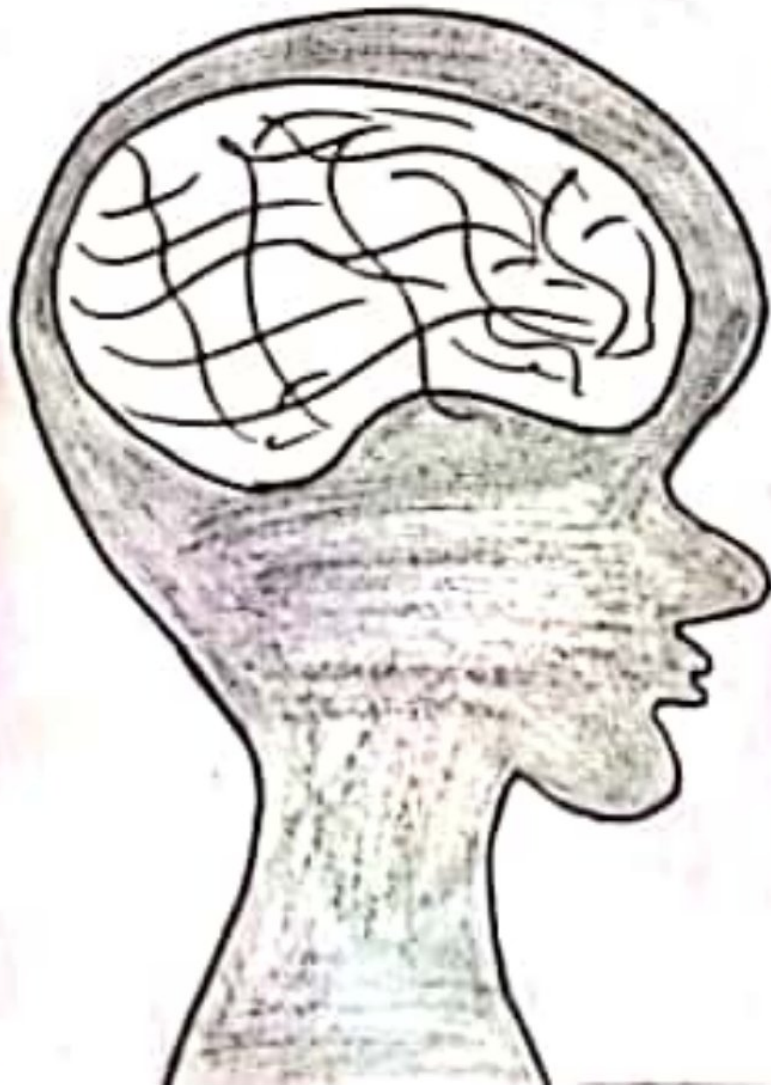
WELLNESS
PLAYS A ROLE



MANJOT KARK
Roll No 24 VII-E



SLOGAN ON MENTAL HEALTH



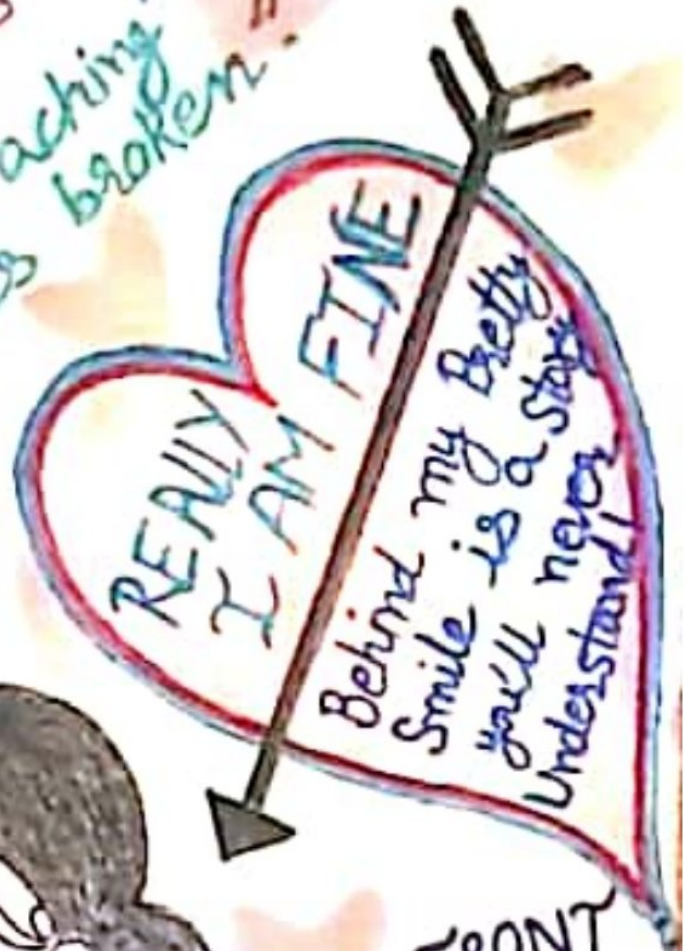
A Healthy
mind, is the
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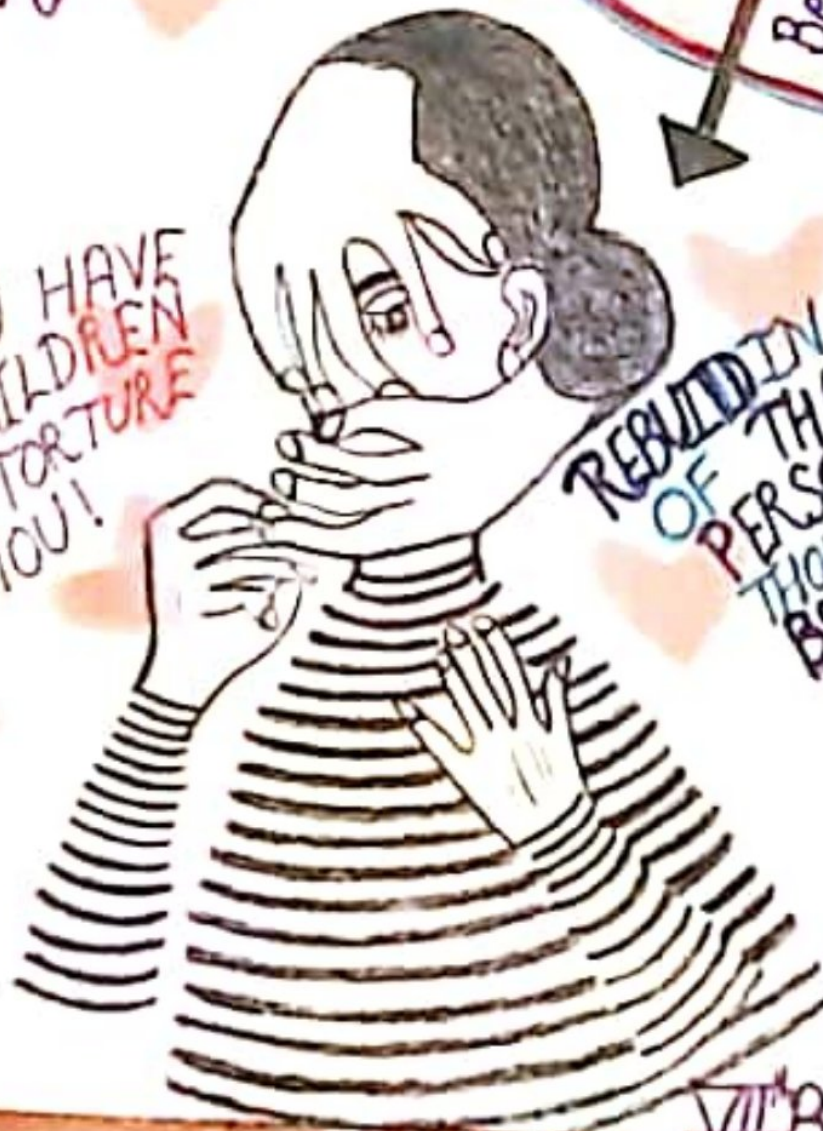
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TOPIC - MENTAL HEALTH

Mental pain is less dramatic than physical pain but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say: -
"My tooth is aching"
"My heart is broken."



WHEN YOU HAVE GIRL CHILDREN THEY TORTURE YOU!



REBUILDIN FRONT OF THE SAME PERSON WHO BROKE YOU MENTALLY

PRABHNOOR SINGH



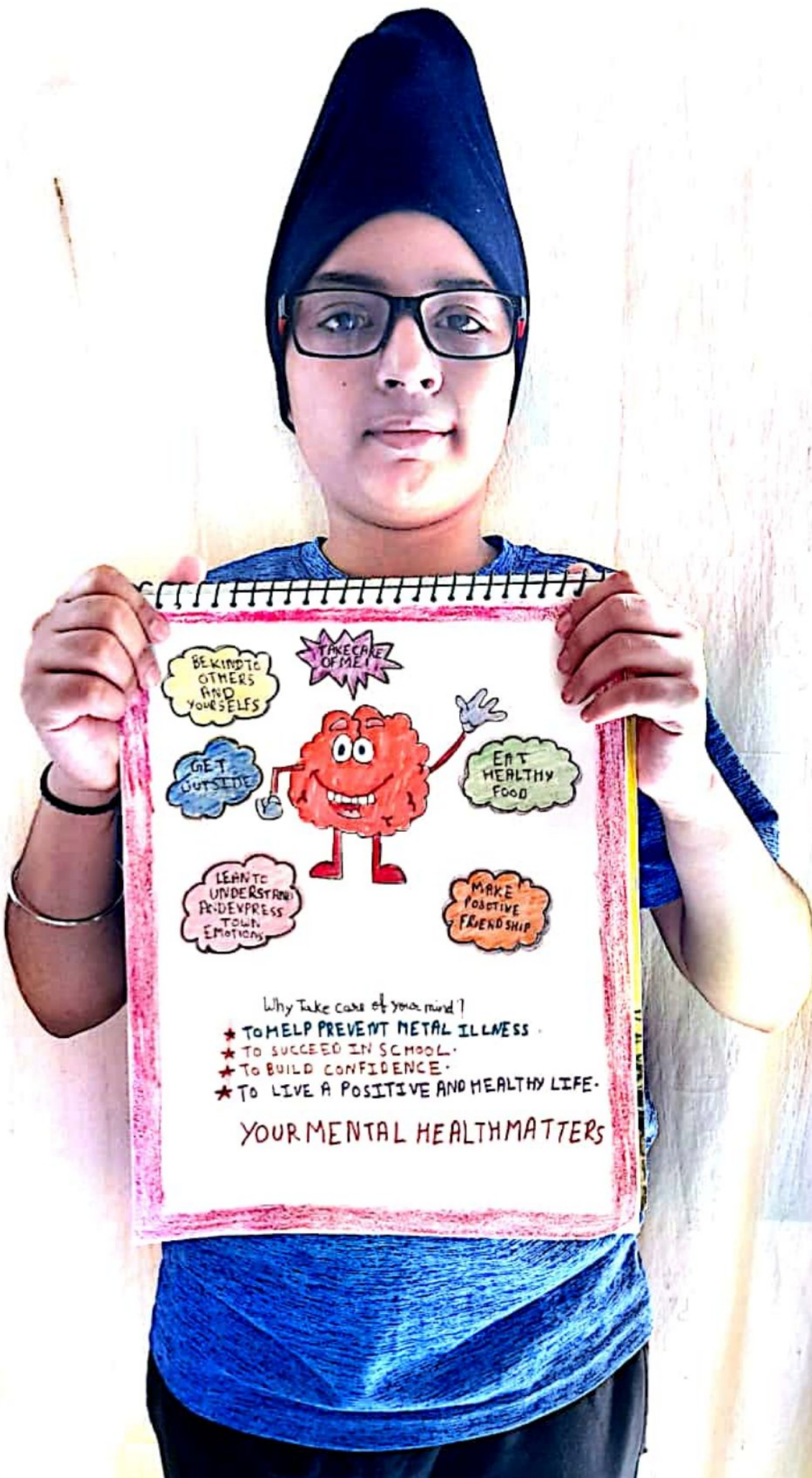
You know my
name, but
not my
Story

We can fake our
smiles but not our
feelings!

Educate yourself
about mental illness
and the signs
symptoms... it
could save
someone!

I'M FINE...

One in four
people suffer
from a mental
illness
WE NEED TO THINK
ABOUT IT



YOUR MENTAL HEALTH MATTER

BE KIND TO
OTHERS
AND
YOURSELF

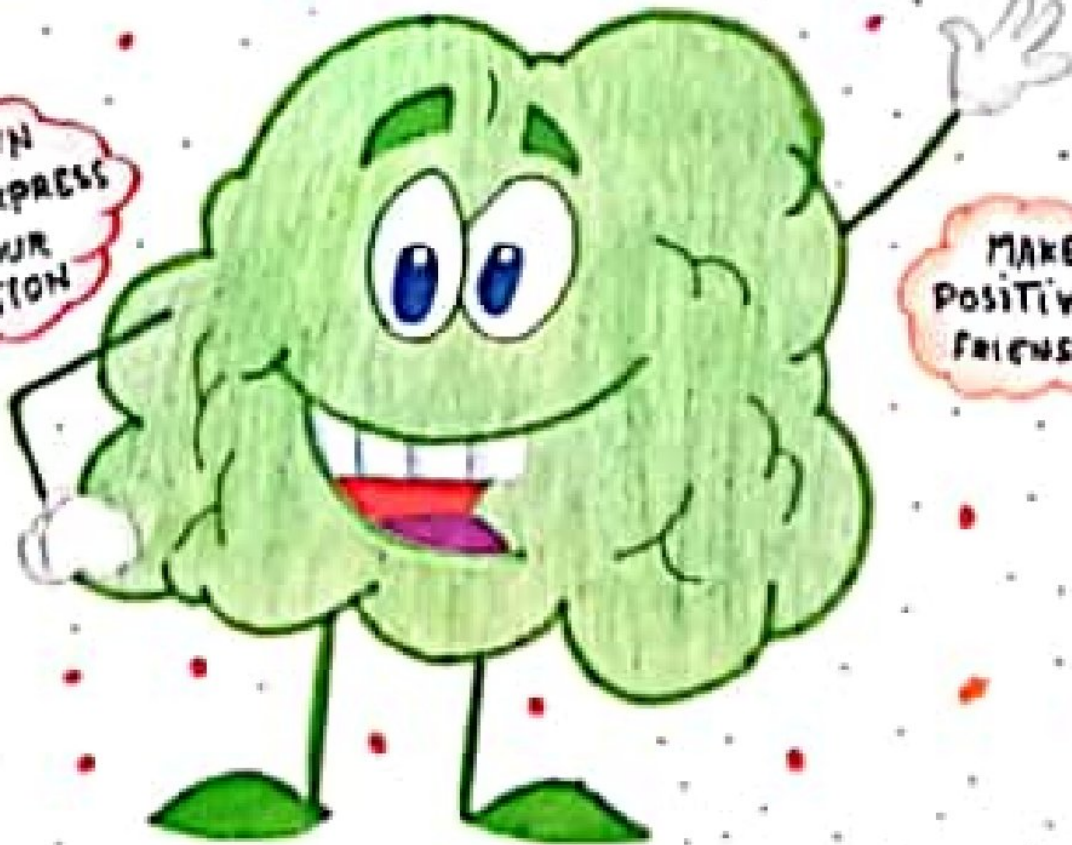
GET
OUTSIDE

TAKE CARE
OF ME
!

EAT
HEALTHY
FOODS

LEARN
AND EXPRESS
YOUR
EMOTION

MAKE
POSITIVE
FRIENDSHIP



WHY TAKE CARE OF YOUR MIND

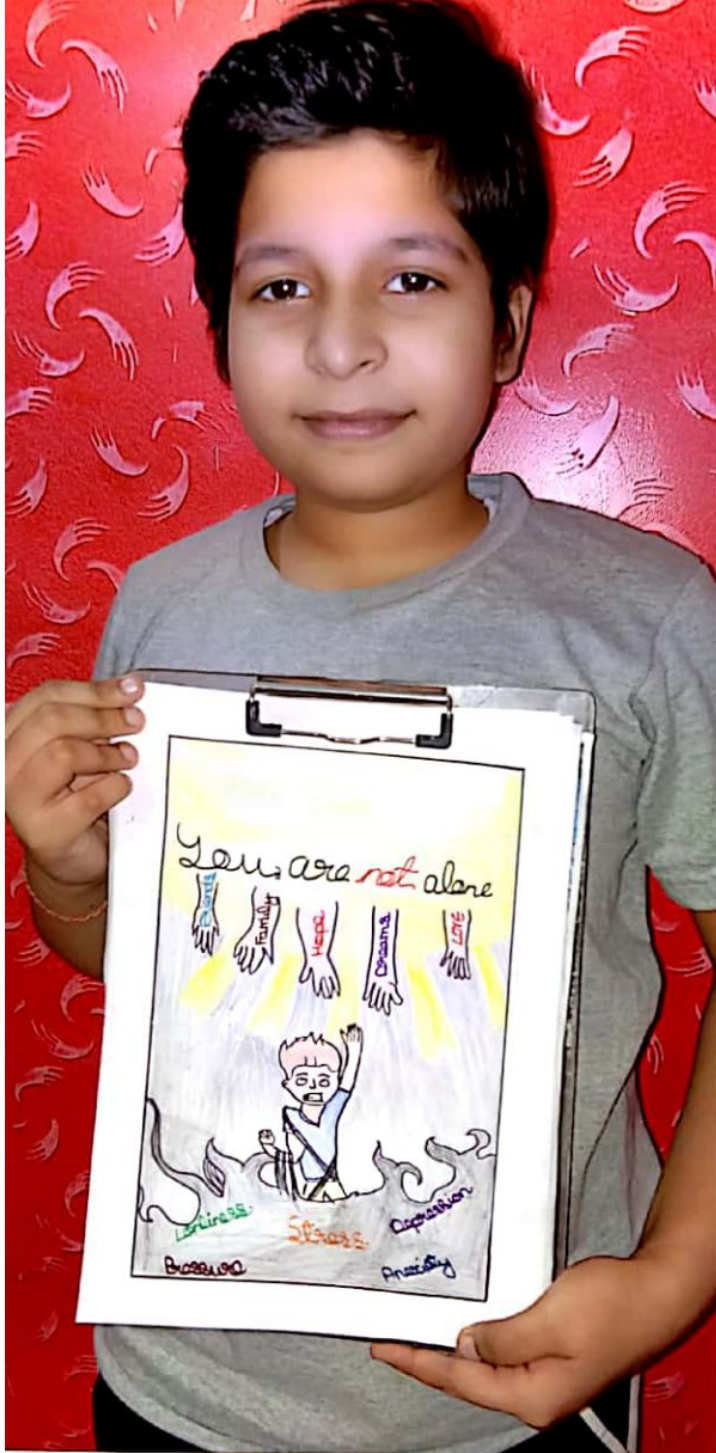


TO HELP PREVENT MENTAL ILLNESS.

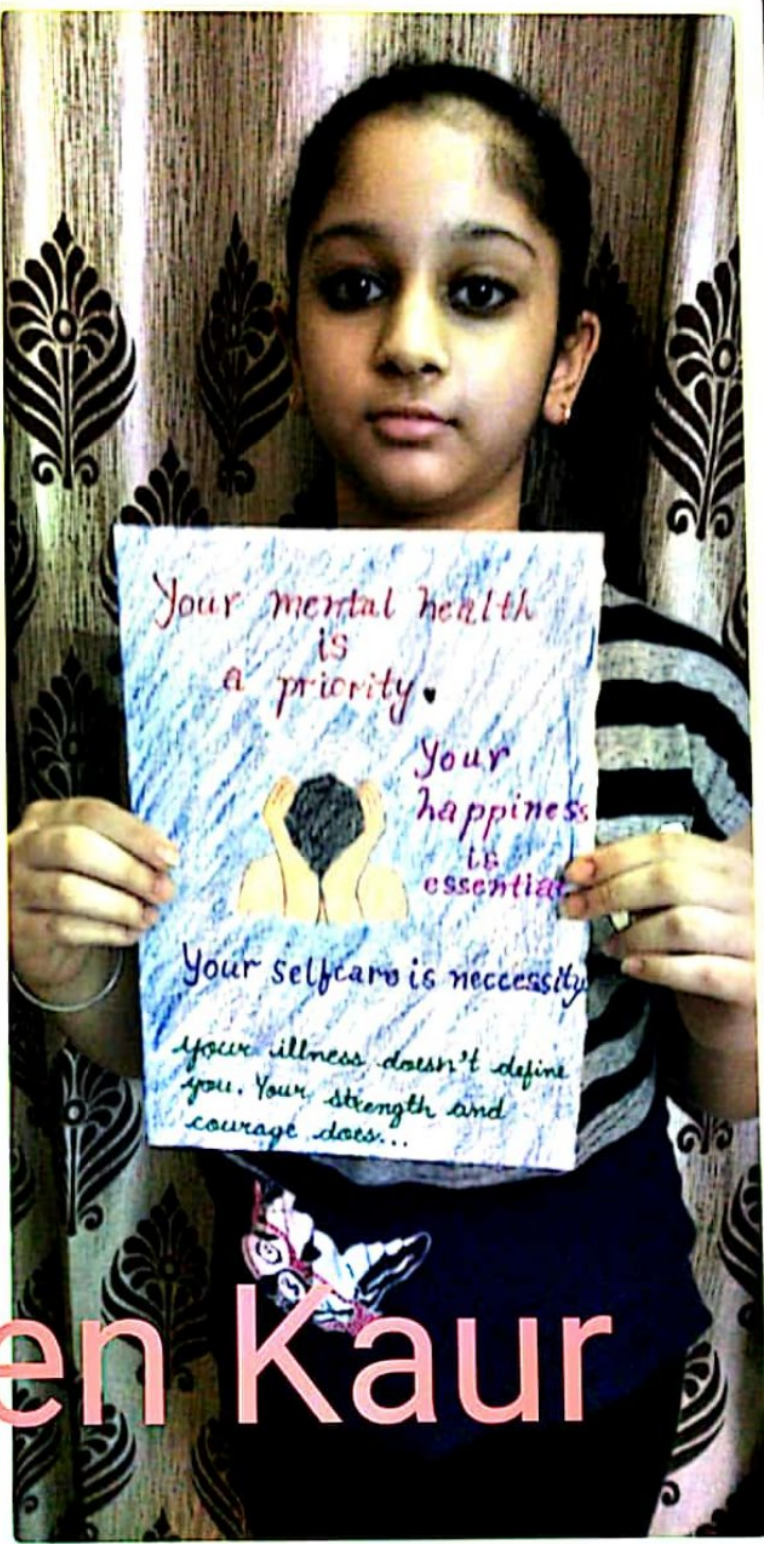
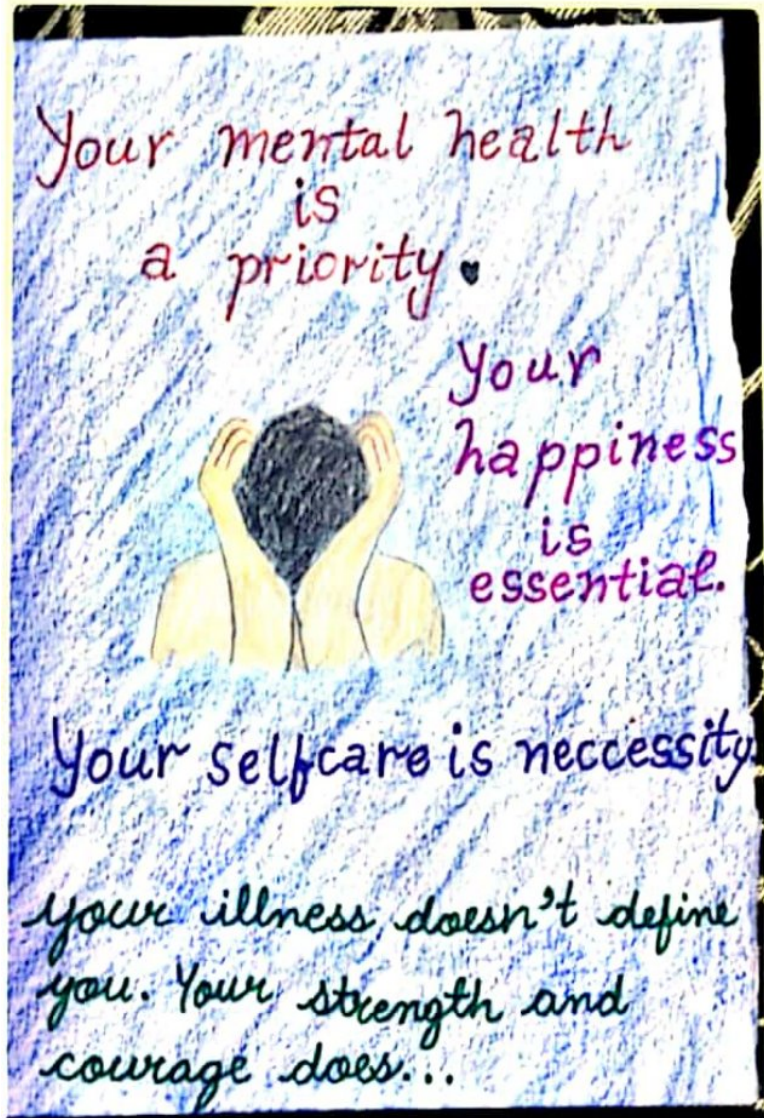


TO SUCCEED IN SCHOOL

YOUR MENTAL HEALTH MATTER







Prabhleen Kaur

Mental Health



Don't hide
LET
OTHERS
HELP

The sun will rise and we will try again
Mental Health awareness

A healthy mind is a
greatest treasure to find.



PRO
CAMERA

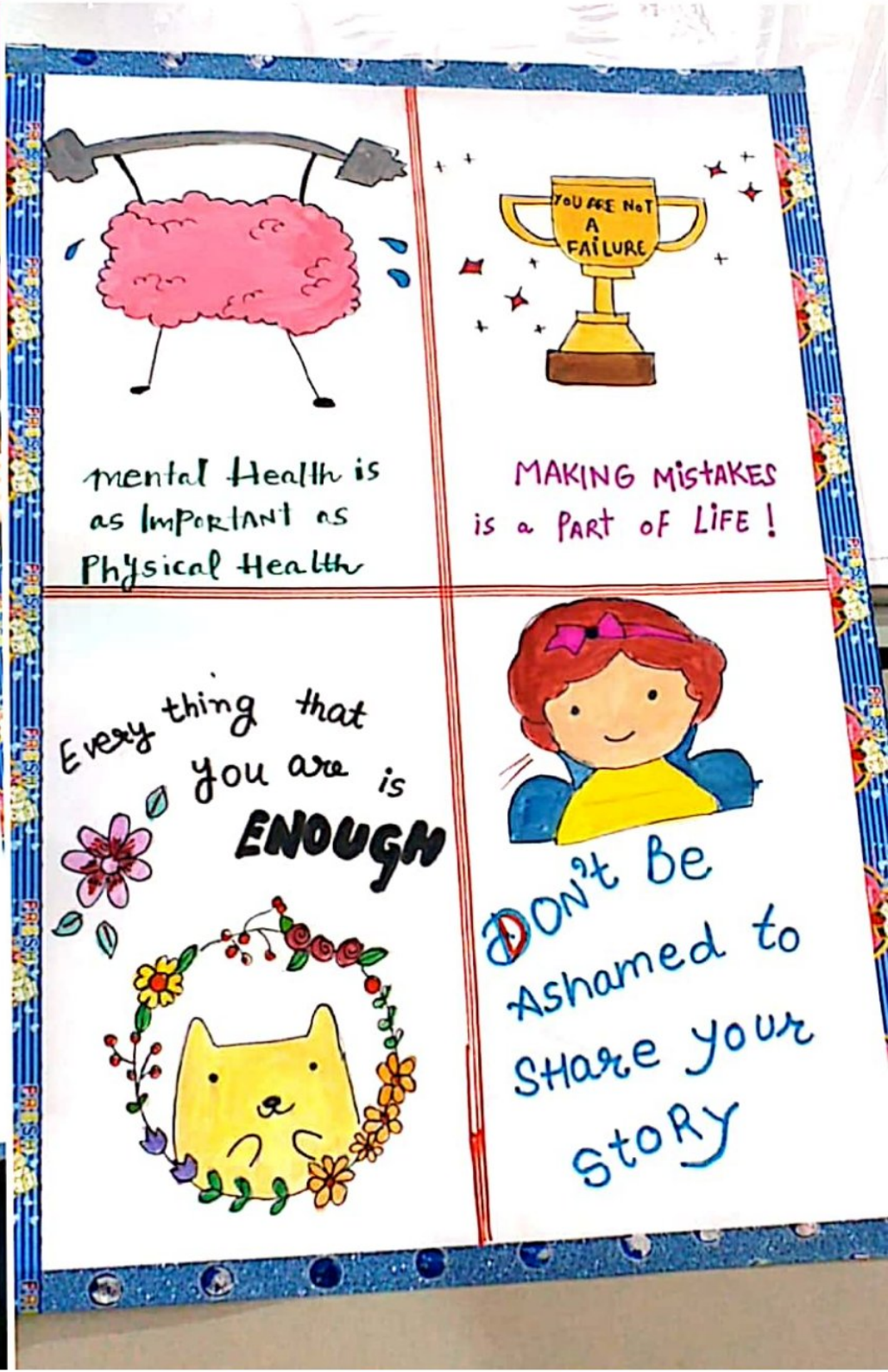
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Your mental health is a priority.
Your happiness is an essential.
Your self-care is necessity.



mental Health is as Important as Physical Health

MAKING MISTAKES is a PART OF LIFE!

Every thing that you are is **ENOUGH**

Don't Be Ashamed to Share your story

A HEALTHY Mind,

is the greatest

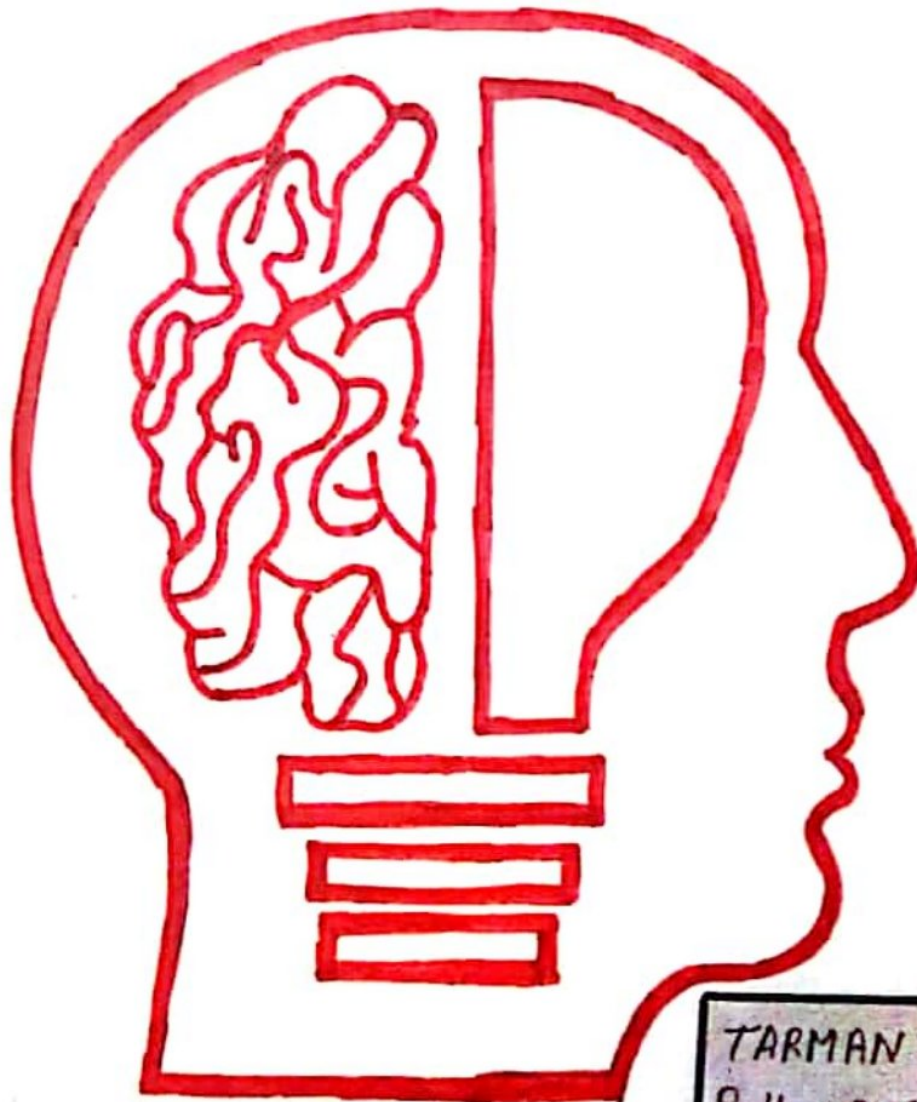


TREASURE to find...

DONT
FALL
INTO

DEATH
TRAP

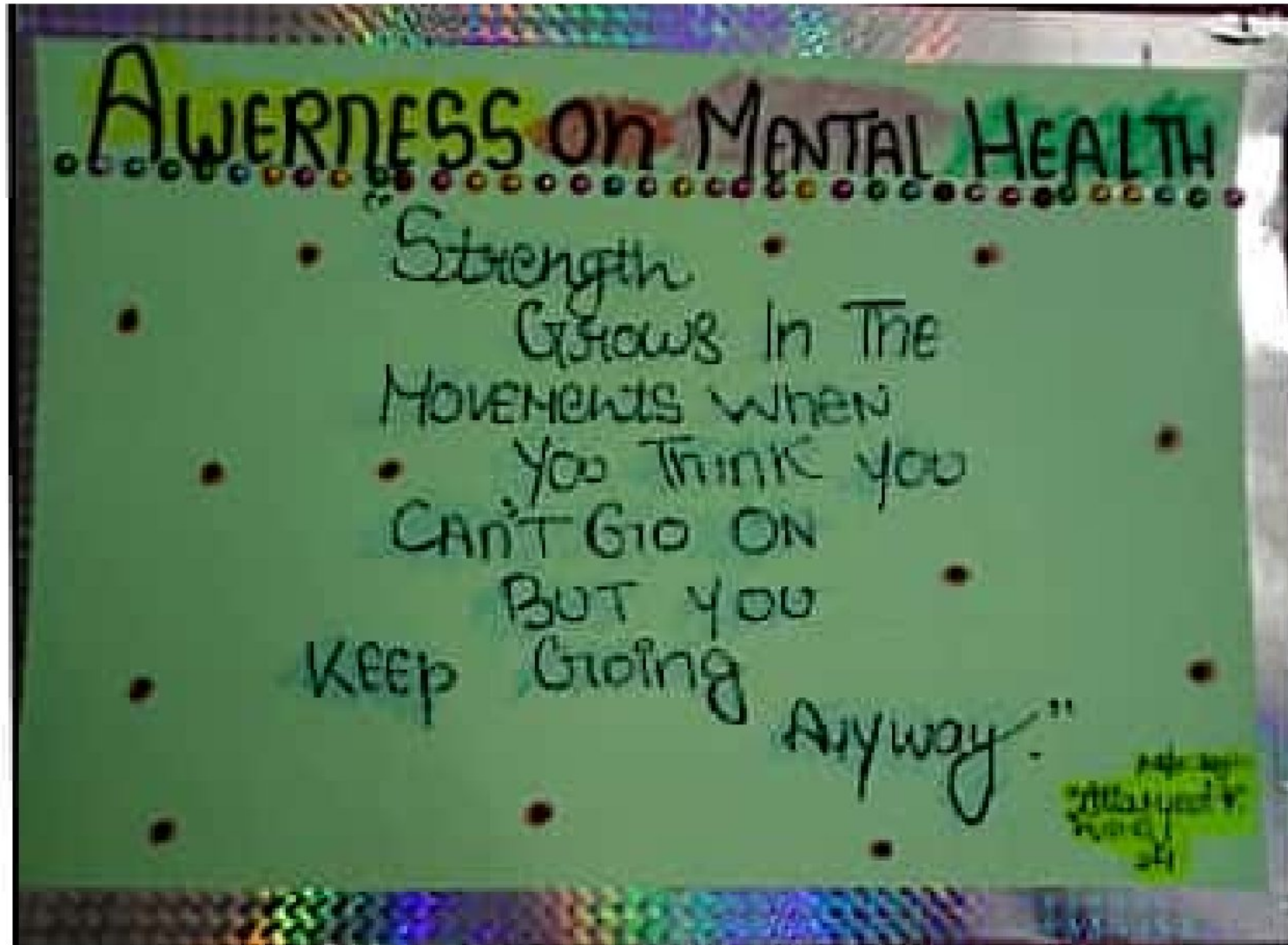
A healthy mind
is the greatest
treasure to find.



TARMAN SINGH
Roll no 24 Class 7C



"Your illness does
not define you.
Your strength and
courage does".

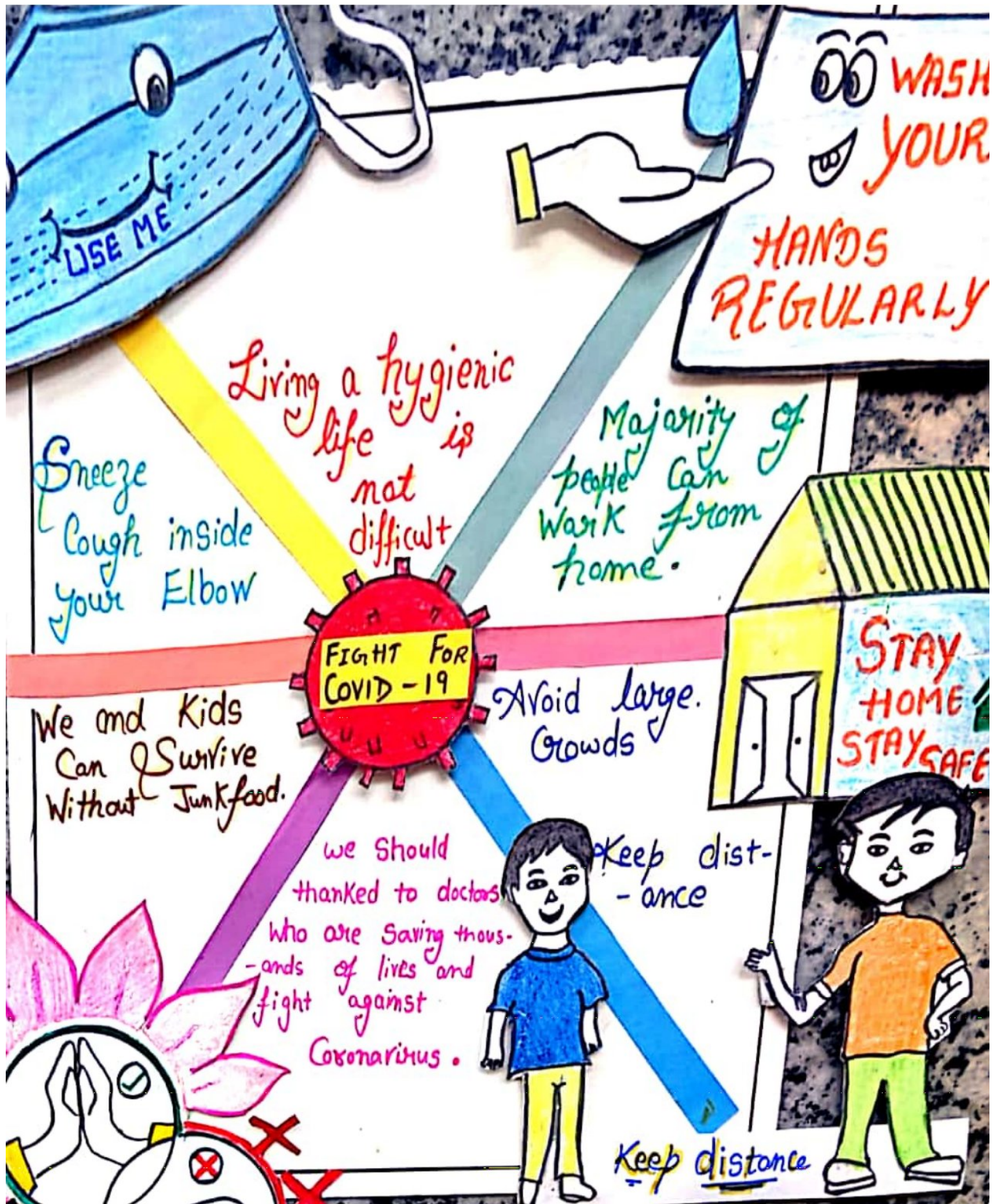


Tools

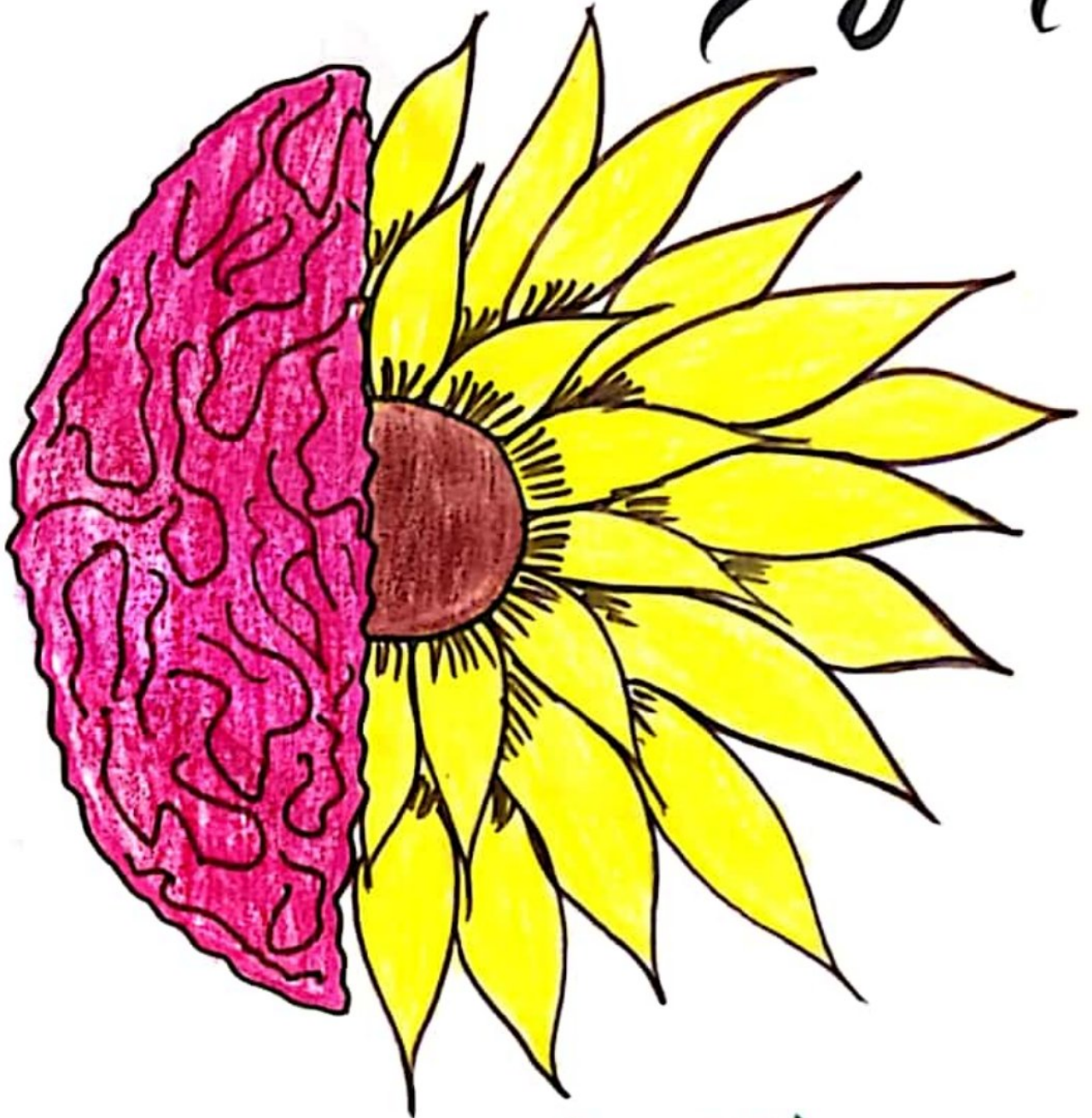
Mobile View

Share

PDF to DOC



The sun will rise
and we will try again



Mental Health
Awareness