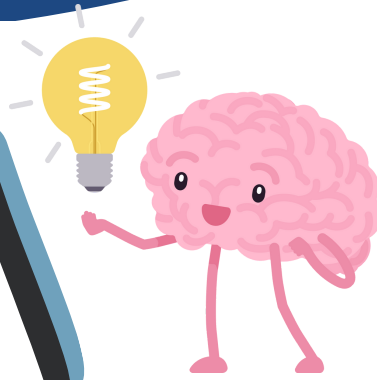


Mental Health is something we all have! It is all to do with how you think, feel and how you deal with the ups and downs of life.



There are 5 things
you can do
everyday to look
after your mind.



Connect!
Talk to people around
you like your friends
and family. Join a group.



Learn!
Try a new hobby, learn
a language, join an
after schools club.



Be Active!
Play sport, go for a
walk, dance. Moving
makes you feel good.

Take Notice!
Take a deep breath,
think about what you
are grateful for.



Give!
Do something kind.
Help out. Say thank
you.. smile!



Take5
steps to wellbeing