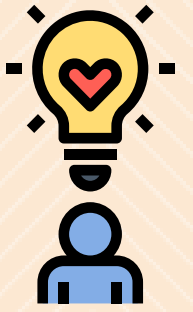


What is Mental Health?



Thoughts



Sleep



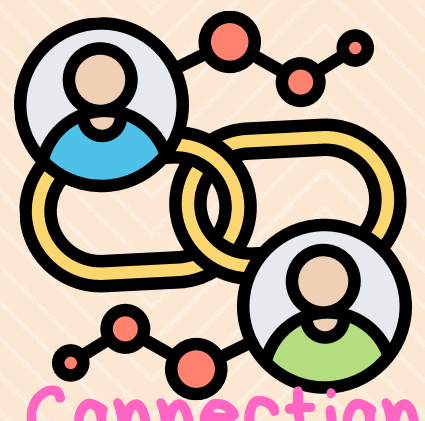
Self-Talk



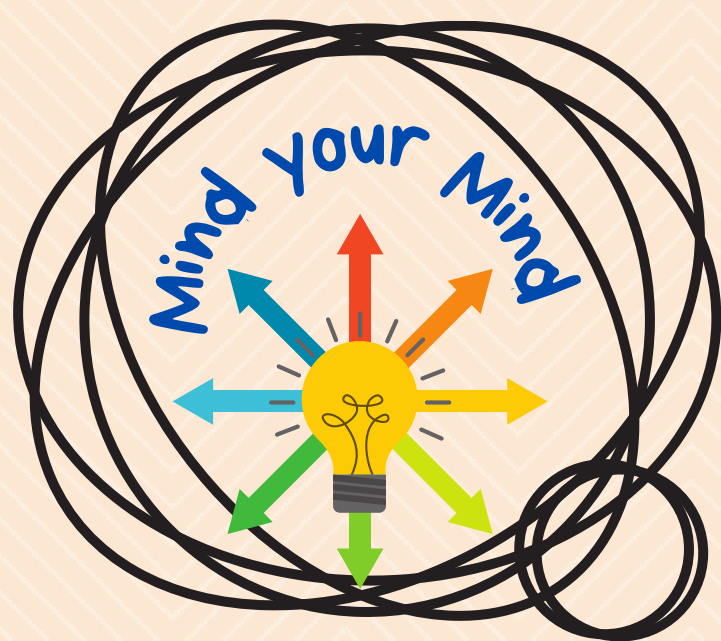
Mindfulness



Good mood food



Connection



Gratitude



Feelings



Physical activity

Habits



Healthy HABITS

Beliefs



Behaviours

