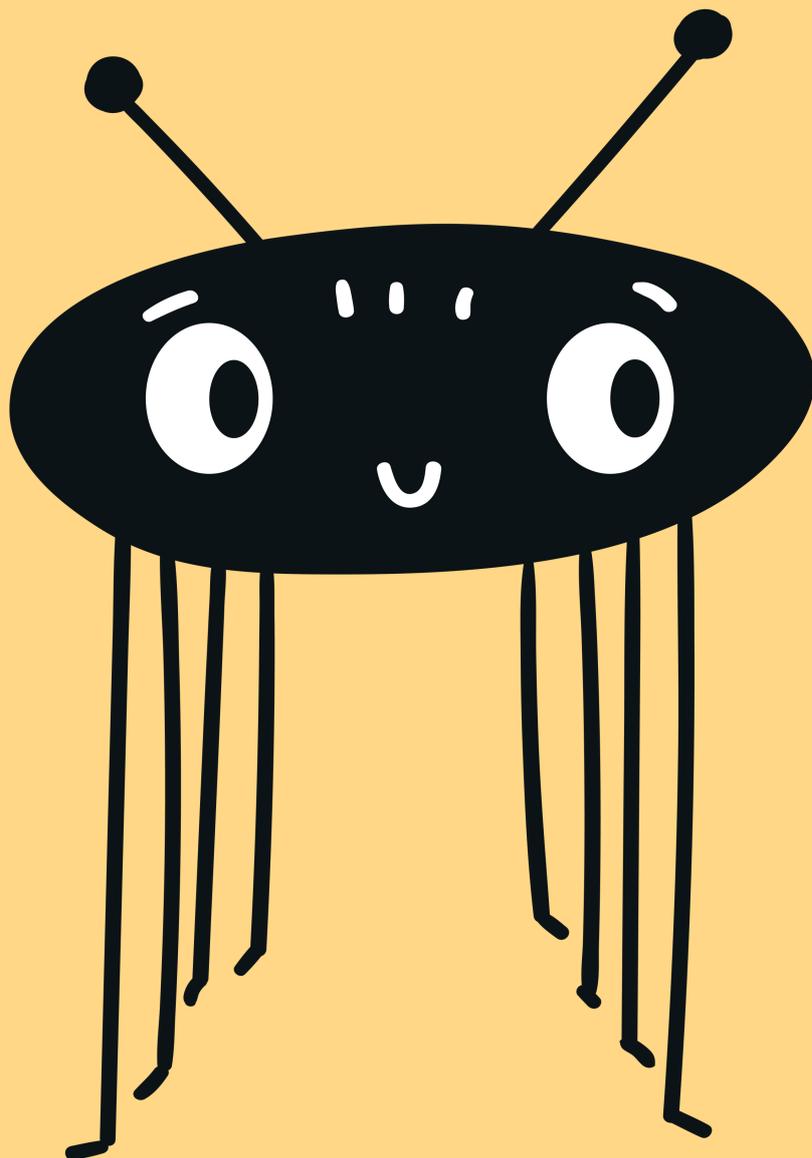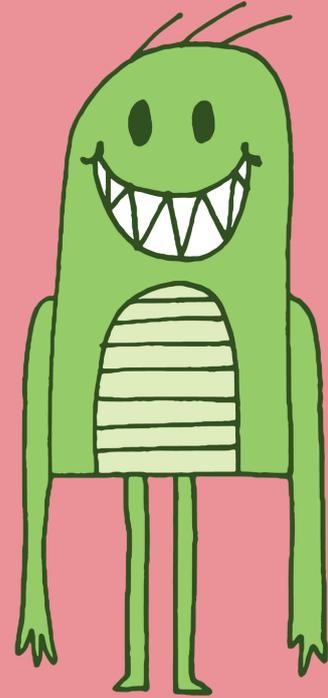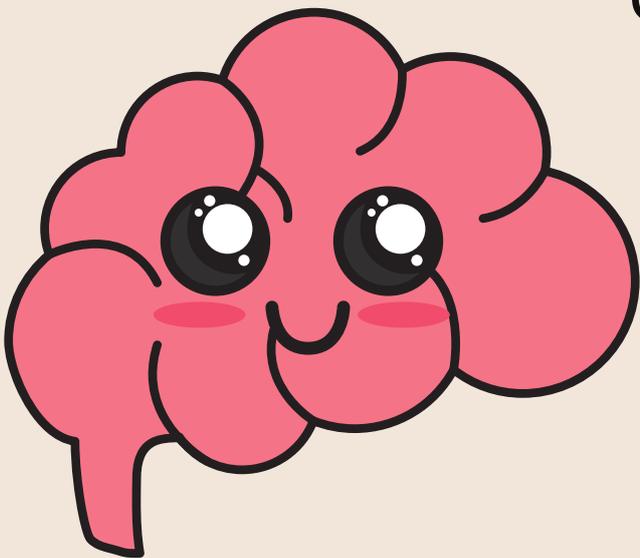BE HaPPY

WHAT IS MENTAL HEALTH?

We all have **mental** health and **physical** health.
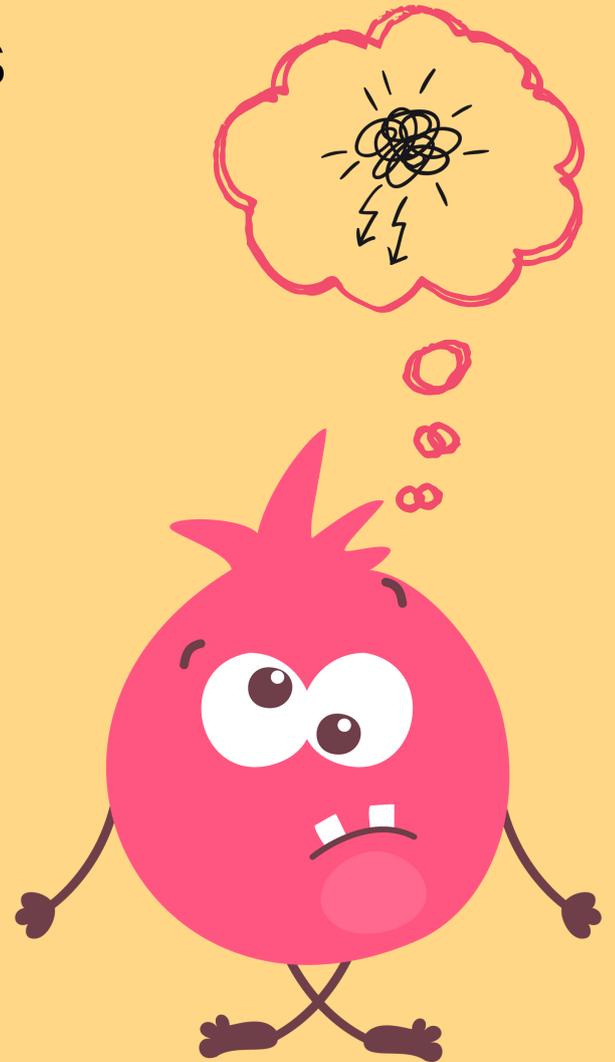
Physical health is to do with our bodies.

Mental health is to do with our minds.

BRAIN

Mental health involves the thoughts and feelings we have.

These can be **positive** or **negative**.

Positive thoughts are thoughts that make you feel **happy** and **nice**.
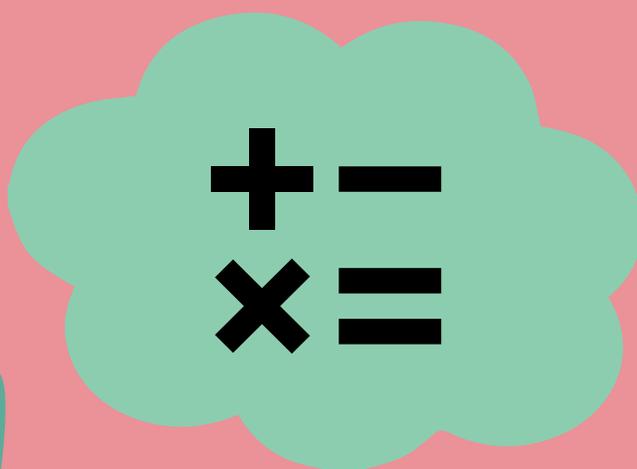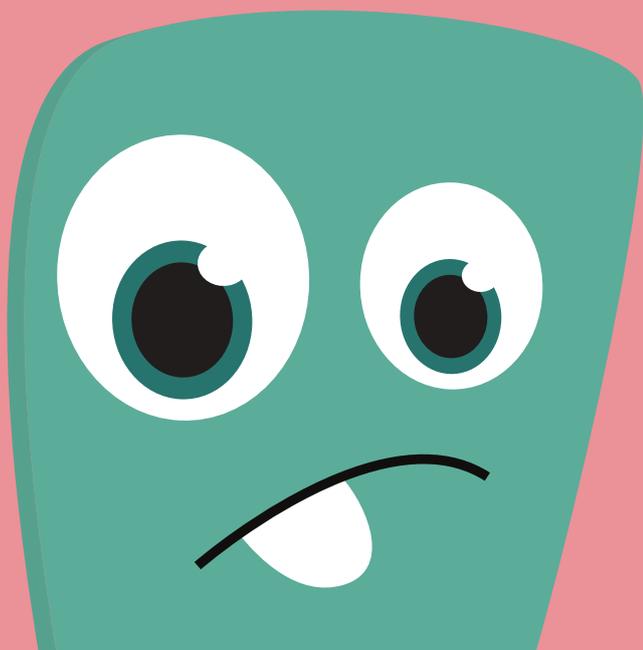
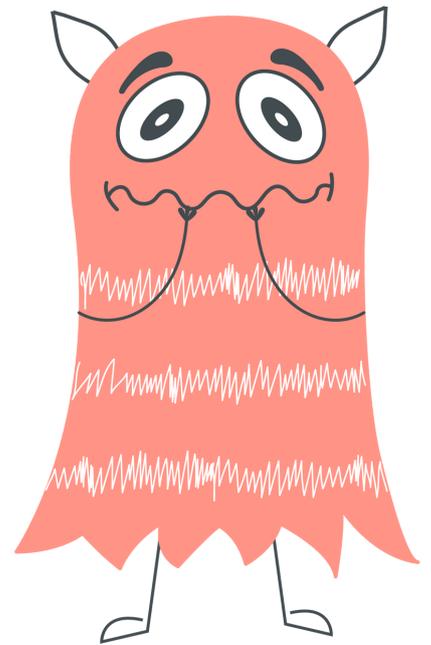For example, **I am great at football** or **I am a good friend**.

Negative thoughts are thoughts that make you feel **sad** or **bad** about yourself.
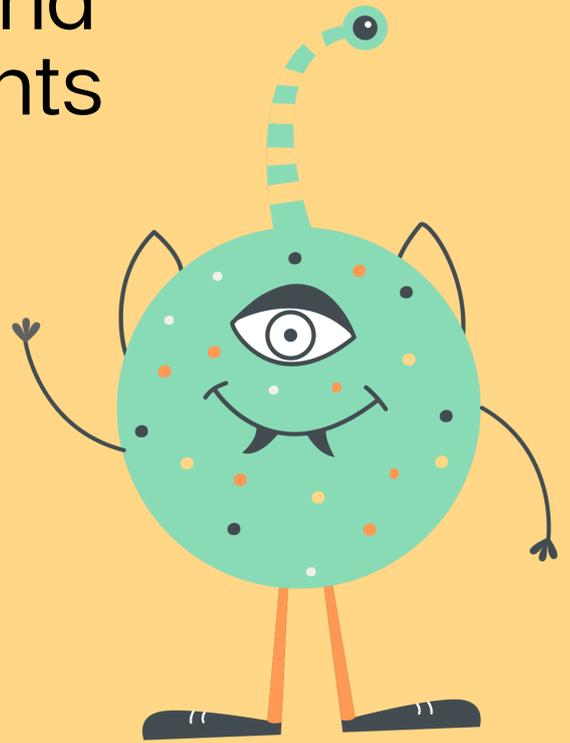
For example, **I am not good at maths** or **no one likes me**.

What do you think our monsters are feeling below?

It is healthy to think and feel a range of thoughts and emotions.

And sometimes we can't help the negative thoughts or feeling bad.

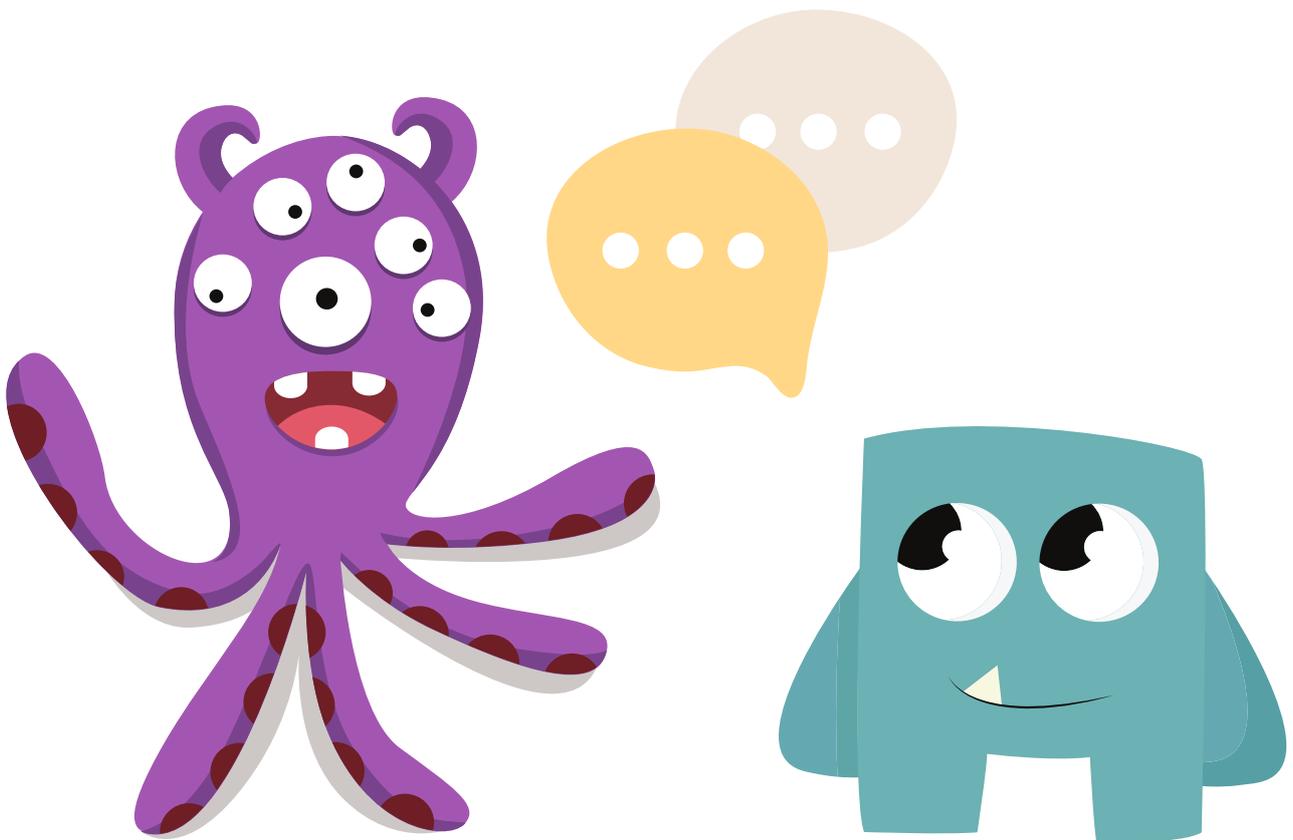IT'S OK TO NOT BE OK

That's part of being human...

Sometimes, people can have more negative thoughts than positive ones.

It can make them feel sad or worried all the time.

It's important that when this happens, these people get help.

There are also things we can do every day to look after our mental health.

One thing we can all do is focus on thinking those positive thoughts.

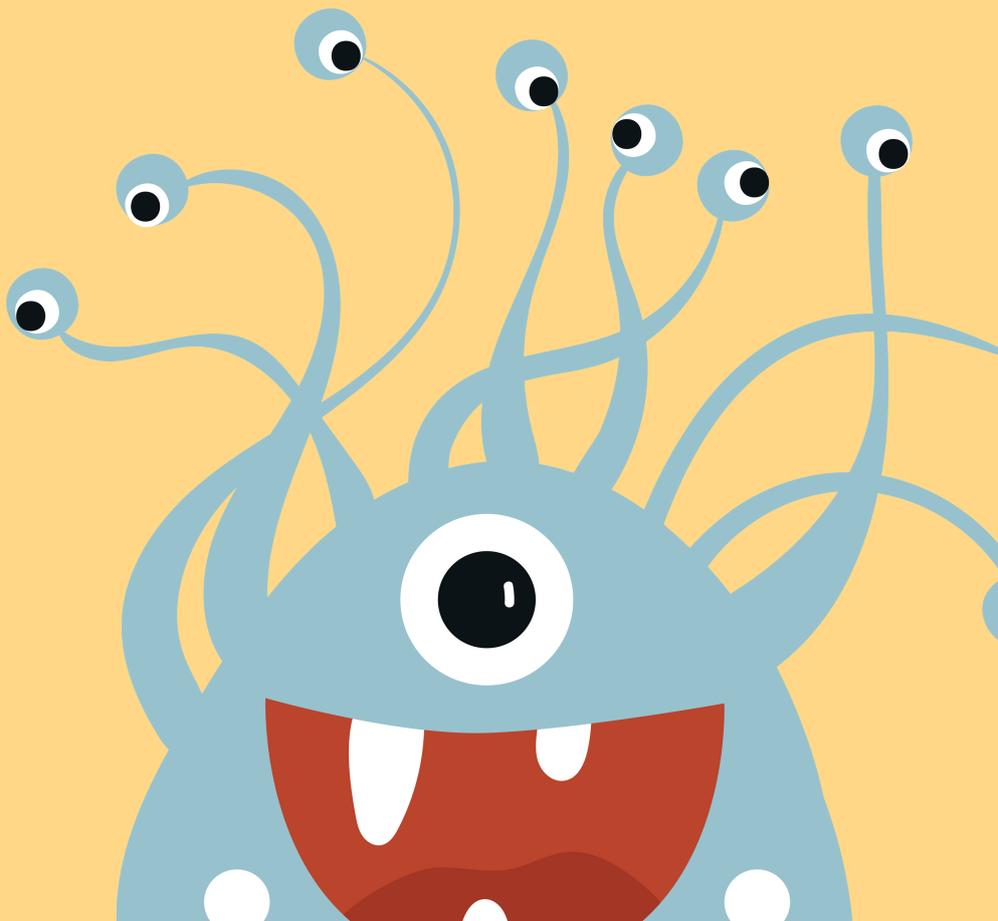And try to think more positive thoughts about ourselves each day.

Let's try it now...

Say out loud 3 things you like about yourself...

Now say 3 things that you are really really good at...

See how much better that makes you feel?

PSST...DID YOU LIKE OUR MENTAL HEALTH MONSTERS?

Then keep your monster eyes peeled for our new Monster Cards... coming soon!

- Over 30 emotion flashcards
- Empowerment questions
- Mindfulness exercises
- Promotes good mental health and self awareness

BE HAPPY

Monster Cards
Emotion flashcards with empowerment questions and mindfulness exercises for young minds.

BE BRAVE

Brave

Close your eyes and take 10 deep breaths