# What is mental health?

Mental health is made up of our thoughts, feelings, mood and behaviour.

We all have mental health, just like we all have physical health.

Our mental health is just as important as our physical health.

It is important to notice how our mental health is, just like we do with our physical health.

Our mental health can change depending on our experiences and circumstances throughout our lives.

Sometimes our mental health is good, and other times it is bad. Sometimes it's a bit a both.

Mental Health Foundation

- Eat a healthy diet.

- Drink plenty of water.

- Exercise.

- Don't smoke.

- Get plenty of sleep.

- Go to the doctors if you have a problem.

# How do we look after our mental health?

- Do things to make you feel relaxed, happy and calm.

- Exercise.

- Talk about your feelings.

- Spend time outside with nature and the fresh air.

- Go to the doctors if you have a worry about your mental health.

# What makes <u>you</u> feel relaxed, happy and calm?

This is different for everyone.

Some ideas are:

- mediating or breathing exercises
- going for a walk
- mindful colouring or art
- listening to music
- playing sport
- writing a diary
- reading