

“Steps towards the New Normal ”

MAKE YOUR MENTAL HEALTH A PRIORITY

MENTAL HEALTH AWARENESS IS VERY IMPORTANT



MENTAL HEALTH & WELL-BEING

MENTAL HEALTH



IS JUST IMPORTANT AS
PHYSICAL HEALTH

TAKE
CARE
OF
YOUR
MENTAL
HEALTH

HEALTHY SLEEP
CAN ENHANCE
WELL-BEING



LAUGHING
REDUCES
STRESS



LOVE YOURSELF!



TAKE A
BRAIN
BREAK

BE YOUR OWN
BESTIE



MENTAL HEALTH AWARENESS



A Healthy Mind
Signifies a healthy
Body



MENTAL HEALTH AWARENESS

POSITIVE MINDS

WHAT CAN I CONTROL?

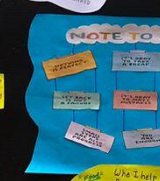
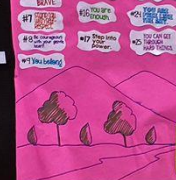
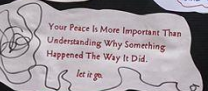
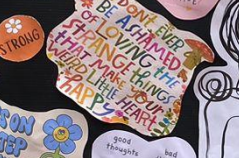
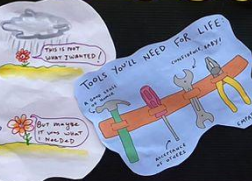


HOW DO YOU FEEL?

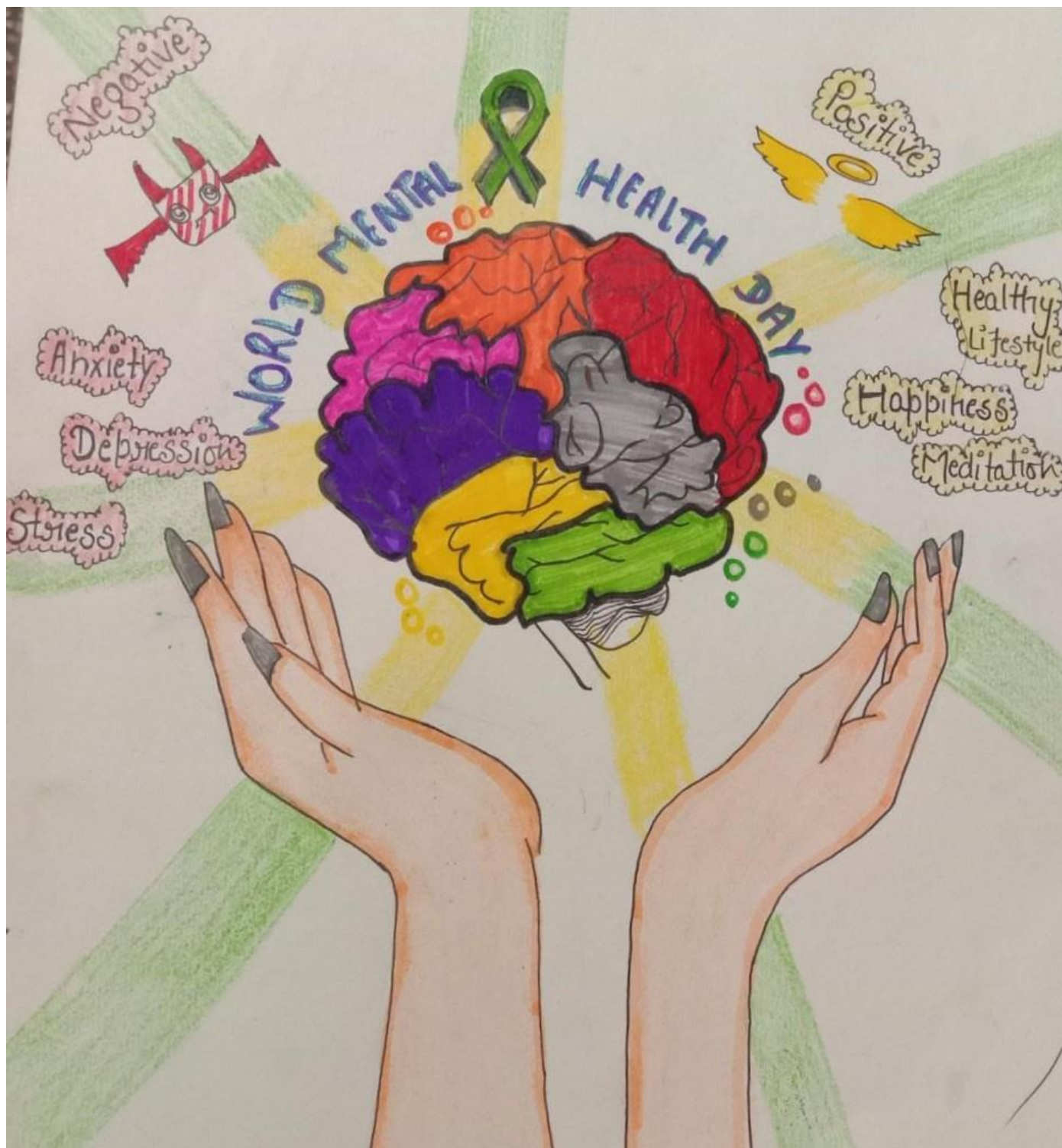


What is BOUNDARY?

Be aware of what is Unacceptable and Normalizing saying no. Do what is best for you. And know that it's not your Responsibility to sacrifice Yourself for others.







Listen Music



Music heals

Take Care of your
mental health because
a healthy mind is very
important for a healthy body.



Stay Connected



Love yourself
&
Believe yourself



Do something
you're good at



Drink
Sensibly



Avoid
Overthinking



Meditate



Eat well

De-stress your
Diet



Dance
&
be
yourself

Winning isn't everything
but wanting to win is

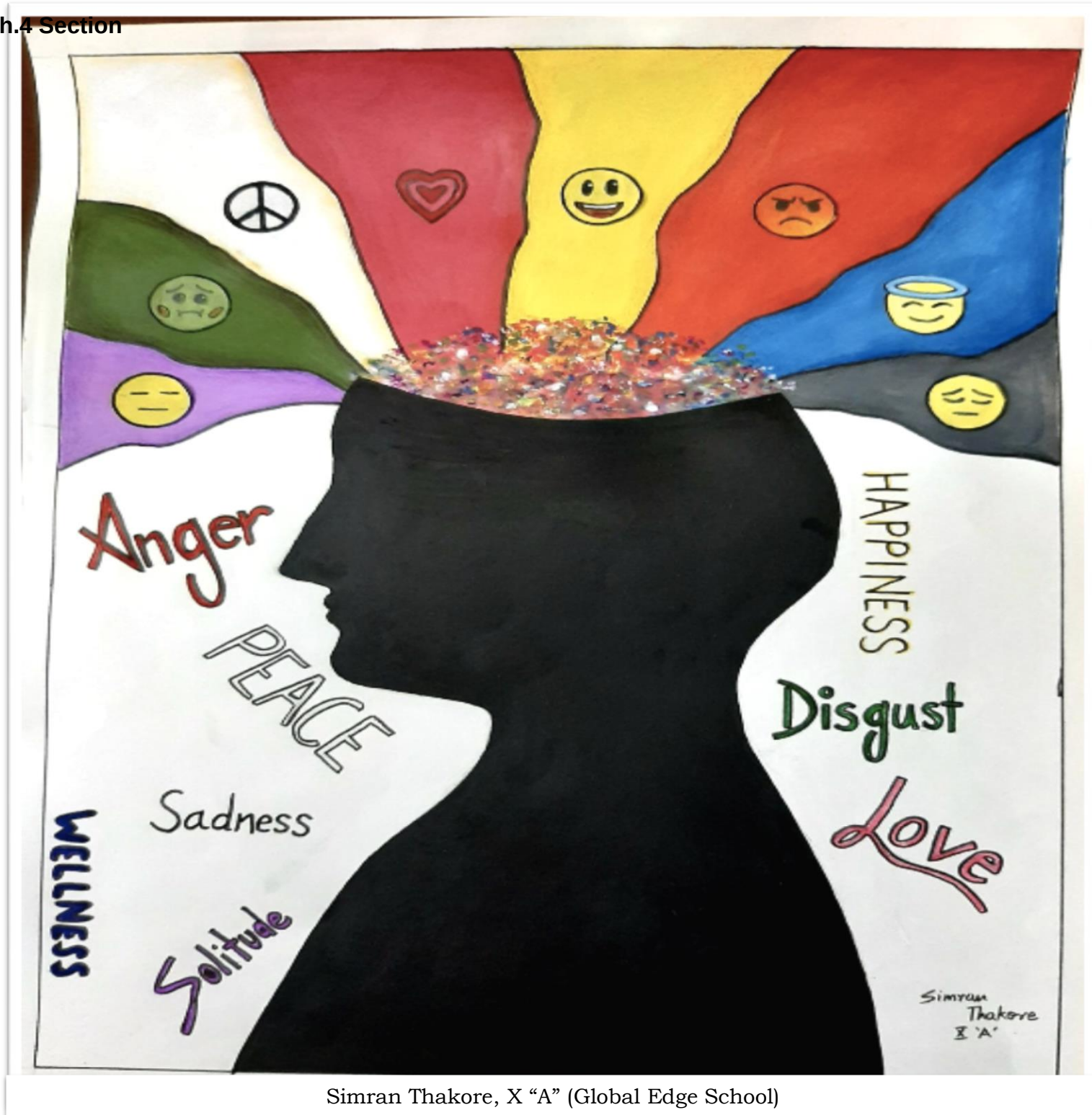


talk about your feelings

GROW THROUGH
WHAT YOU GO
THROUGH



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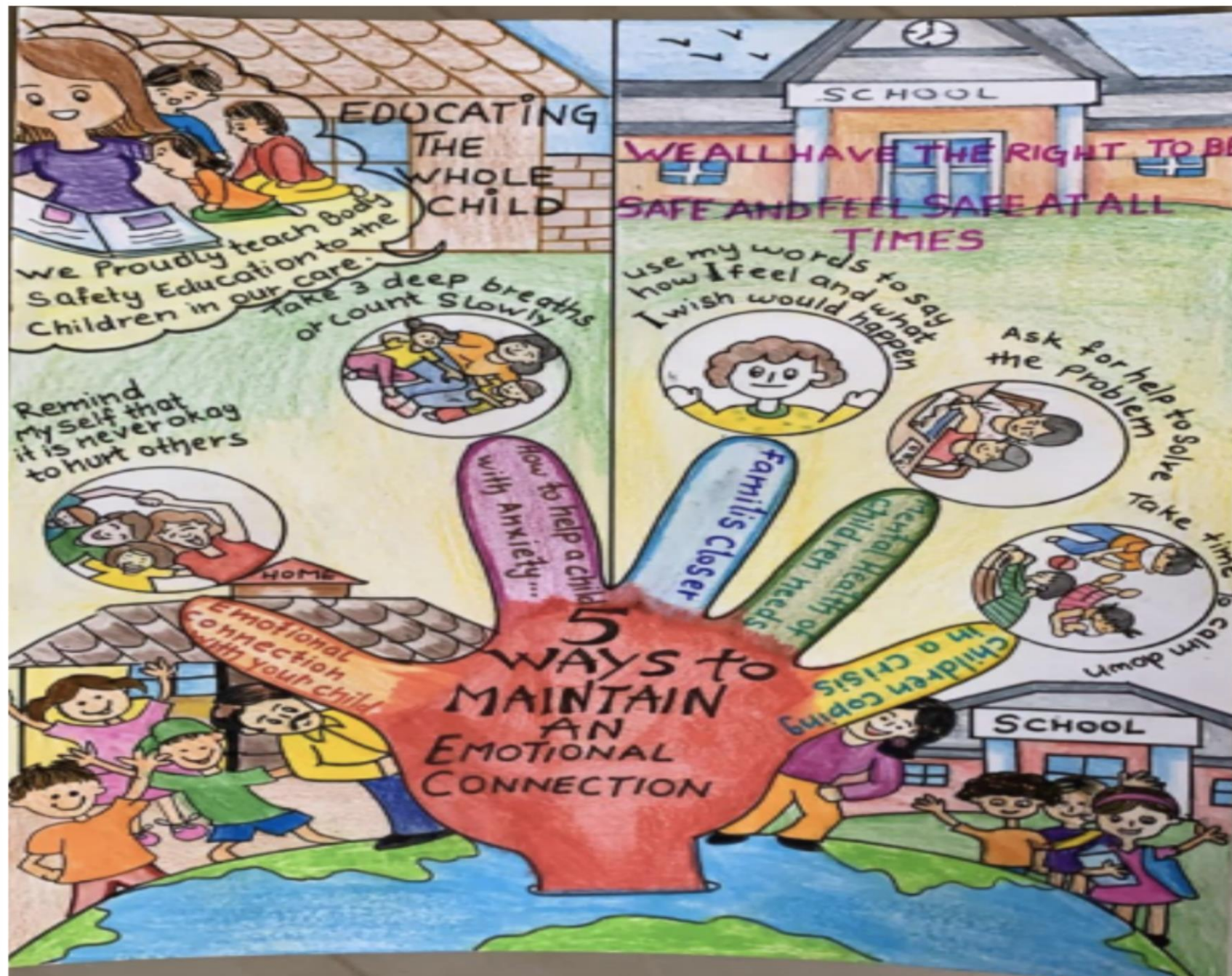


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