

Mental health is about how you

express

how you feel,



Did you know that you can feel all kinds of emotions – even sad or angry – and still have good mental health? It is important to be able to communicate how you feel without hurting yourself or others.

STRESS is what you feel when things seem like they are too hard to handle.

cope

when things go wrong,



and

It is important to be considerate of others, even when it isn't easy.

get along

with others.



photos by V. Paul Virtucio

