

# Salud Mental

Estado de equilibrio emocional, cognitivo y conductual que permite al individuo desenvolverse de manera responsable en su entorno familiar, social y laboral, así como gozar de bienestar y calidad de vida.



La salud mental incluye nuestro bienestar emocional, psicológico y social. Afecta la forma en que pensamos, sentimos y actuamos cuando enfrentamos la vida.

También ayuda a determinar cómo manejamos el estrés, nos relacionamos con los demás y tomamos decisiones.

## ¿Cómo tener una buena salud mental?

- 1.-Mantente Activo
- 2.-Descansa
- 3.-Come Bien
- 4.-Haz Vida Social
- 5.-Diviértete
- 6.-Gestiona Tus Pensamientos
- 7.-Comunícate
- 8.-Relájate
- 9.-Ponte Objetivos
- 10.-Pide Ayuda

Mental health is not being happy all time, just in peace with yourself.



# Mental Health



Mental Health influences how you act.

## What is mental health?

- ▶ For me, mental health is having in order your emotions and taking care about how you feel.
- ▶ I think everyone knows very well what we think and we have to accept if we are having a Good mental health or not. We can identify what kind of feelings we have.



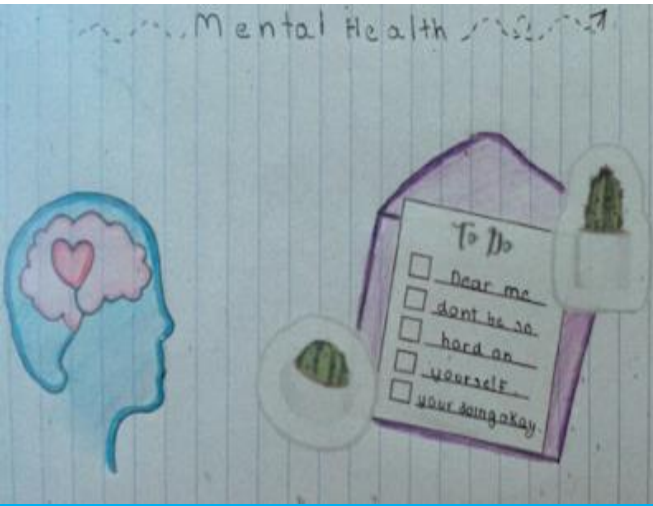
# What is mental health for you?

Mental health for me is everything related to feelings and emotions, it is having peace of mind and not having a cloud of bad feelings, it is feeling that you are worth it, it is feeling good about yourself, it is feeling more positive than negative emotions, we don't give the necessary importance but it is as important as any health.



# Trabajos en línea

Agradecemos a todos los alumnos de secundaria, a los padres de familia y al departamento de inglés.



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I HAVE FELT REALLY STRESSED WITH SCHOOL AND HOMEWORK. I'M ALSO SCARED OF PHYSICAL CONTACT AND GOING OUTSIDE, BUT I FEEL GOOD STAYING AT HOME :P.