

Growing Your Mind: A Guide to Wellbeing

Be a Mental Health Hero: Look after your mind just like you look after your body!

- **Mental health includes how we feel, think, and act. It is normal to have big feelings like sadness, worry, or frustration sometimes.**
- **Talking to a trusted adult, like a teacher or a family member, is a brave and healthy way to share your worries when things feel heavy.**
- **Mindfulness, such as taking deep breaths or focusing on the sounds around you, can help you feel calm when you are stressed.**
- **Getting enough sleep, eating healthy food, and playing outside are physical habits that directly help your mental health.**
- **Being kind to yourself and others creates a positive environment where everyone feels safe to be their true selves.**

Did you know? Did you know? Our brains are like muscles! Just as exercising your body makes you stronger, practicing positive habits like gratitude and talking about your feelings helps your mind grow stronger and more resilient every single day.

Key vocabulary: Resilience · Wellbeing · Emotions · Mindfulness · Gratitude · Support