

Nurturing Your Mind: A Guide to Emotional Wellbeing

Be a Mind-Hero: Shine Bright, Stay Kind, and Take Care of Your Inner World!

■ **Mental health is not just the absence of illness; it is how we think, feel, and act as we navigate the ups and downs of daily life.**

■ **Everyone experiences a wide range of emotions, and it is perfectly healthy to feel sad, frustrated, or anxious sometimes.**

■ **Resilience is the ability to 'bounce back' from a challenge; it is a skill that grows stronger every time we try again after a setback.**

■ **Connecting with others, whether by sharing a hobby or simply talking to a trusted adult, is one of the most effective ways to boost your mood.**

■ **Mindfulness involves focusing on the present moment, which can help quiet the mind when thoughts feel overwhelming or cluttered.**

Did you know? Did you know? Just like your body needs exercise and healthy food to grow strong, your brain needs 'mental hygiene' to stay healthy! Practising gratitude or talking about your feelings releases positive chemicals in the brain that help you feel calmer and more focused.

Key vocabulary: Resilience · Wellbeing · Mindfulness · Empathy · Perspective · Regulation · Compassion