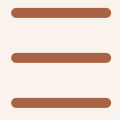




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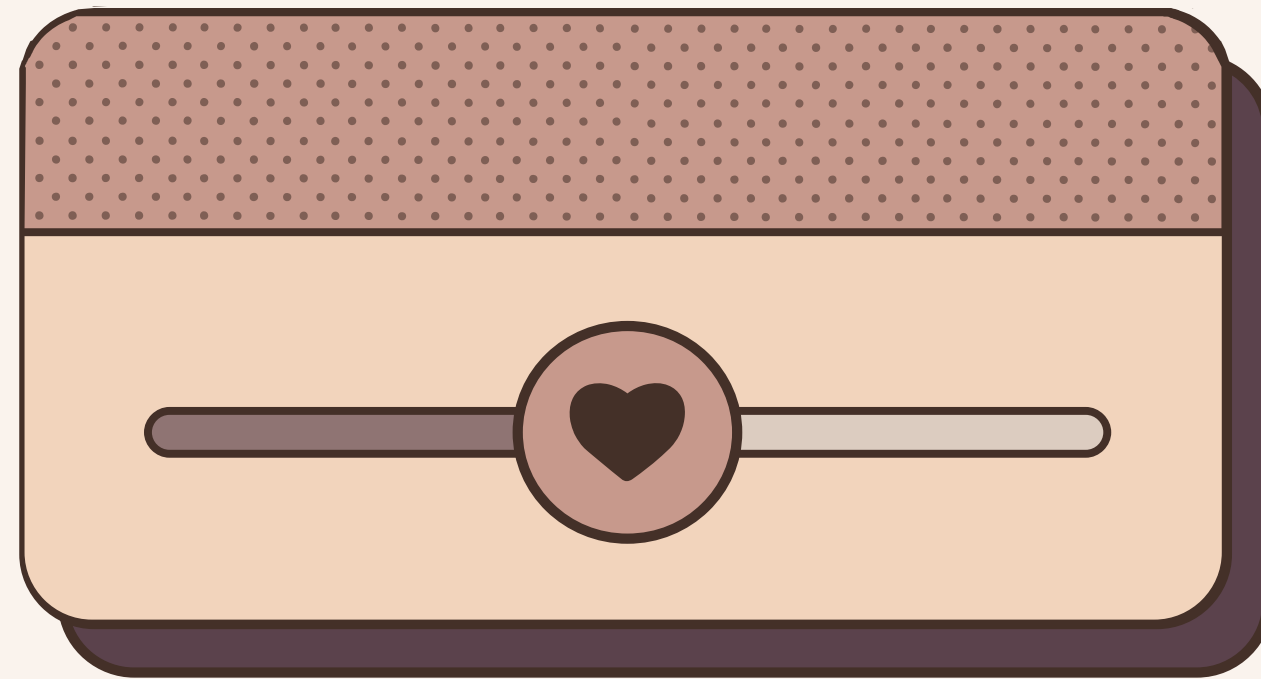
How To Make Your Mental Health A Priority?

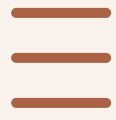




Next 

What is Mental Health?





What is Mental Health?

It encompasses our emotional, psychological, and social well-being. Also, it influences our thinking, feeling, and acting.





Some factors that contribute to mental health problems:

- 01 *Biological Factors*
- 02 *Life Experiences*
- 03 *Family History*



Next 



Mental Health: Common Misconceptions

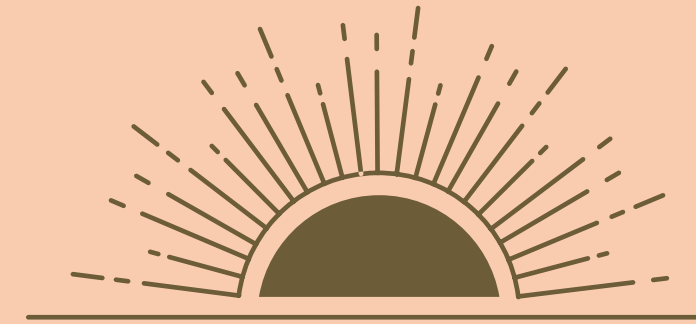


Next →



MISCONCEPTION #1

Mental and emotional issues are a sign of weakness— it's your fault.



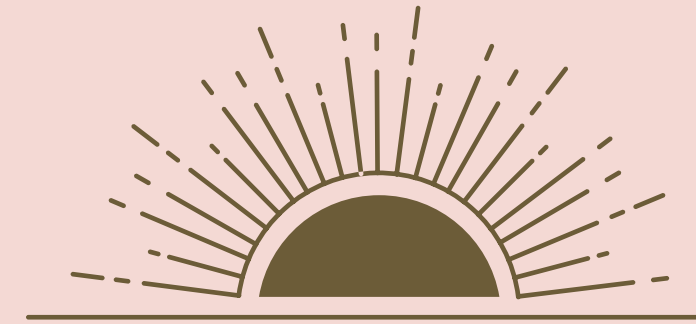
MISCONCEPTION #2

Mental health problems are something we need to know how to "snap out of."



MISCONCEPTION #3

If you are dealing with mental illness, resort to quick solutions.



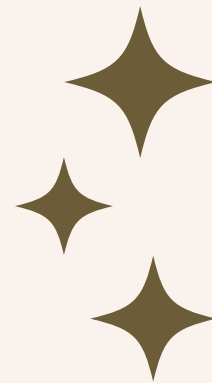
MISCONCEPTION #4

*Medication and therapy are the **ONLY** treatment options.*



Next 

Why is it
important to
make mental
health a priority?





Next 



It is important for
holistic wellness.





People who are mentally healthy have:



01

Contentment

02

Self-confidence

03

Healthy Resilience

04

Meaning & Purpose

05

Flexibility

06

Balance

07

Productivity

08

Fulfilling Relationships

09

Meaningful Contributions



Mental wellness
means experiencing
all the ups and
downs of life.





Next 

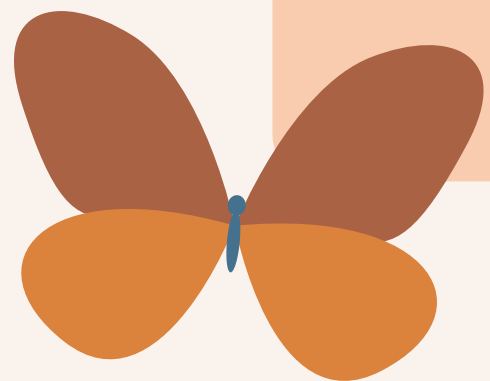


How can we make
our mental health
our priority?



Value your physical health.

- a. Eat well.*
- b. Exercise regularly.*
- c. Get enough sleep.*





Next →

Realize self-care is a necessity, not a luxury.



Explore mindful living.



Take a break.



Take time to have fun.



Next →


Cut down your bad habits.

*Quit your
destructive
behaviors.*



*Stop saying
yes always.*



Next 



Write a
gratitude list.



Next 

Connect with
your loved ones.





Next 

Talk about it.

Reach out to
loved ones.

Seek medical
professional help.





Next →

Block time for yourself and
put it on your calendar.



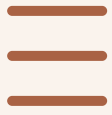


Next 



Remember, your mental well-being is the priority, it is the new metric of success.





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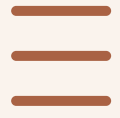
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