

CHARGE YOUR MENTAL HEALTH

INVEST TIME IN
STRENGTHENING –
EMOTION –
MANAGEMENT
SKILLS

APPRECIATE
POSITIVES IN
YOURSELF &
OTHERS

DO THINGS
YOUR ARE
GOOD AT

JOT DOWN
MOMENTS THAT
BRINGS YOU JOY

SEEK SUPPORT
&
GIVE SUPPORT

FOCUS ON THE
LITTLE GOOD
THINGS IN LIFE

USE YOUR
STRENGTHS IN
DAY TO DAY
LIFE

You charge your
mobile everyday.
What about
yourself?

**BATTERY OF
MENTAL
HEALTH**



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