IMPORTANCE OF MENTAL AWARENESS

Being aware of your mental state helps you stay healthy. You can catch stress early and handle it better. It also helps you connect with others and work more effectively. Paying attention to your mental health prevents burnout and keeps you strong.

COMMON MENTAL HEALTH CHALLENGES

Mental health problems can happen to anyone. Anxiety causes constant worry. Depression brings sadness and loss of interest. Burnout leaves you feeling drained. Low self-esteem hurts your confidence. Recognizing these problems is the first step to getting help.

WHAT IS MENTAL HEALTH?

Mental health is our emotional and psychological well-being. It affects how we think, feel, and act daily. Good mental health helps us handle stress, connect with others, and make healthy choices.

Signs of Mental Health Issues

- ✓ EXCESSIVE FEAR OR WORRY
- ✓ EXTREME MOOD CHANGES
- ✓ CHANGES IN SLEEP OR APPETITE
- ✓ LOSING INTEREST IN ACTIVITIES

SELF LOVE

WHAT IS SELF-LOVE?

VALUING YOURSELF AND PRIORITIZING YOUR WELL-BEING WITHOUT GUILT.WAYS TO PRACTICE:

Tips for a Healthy Mind

▶ Connect with loved ones regularly through calls, messages, or spending quality time together

▶ Sleep well by getting 7-9 hours of rest each night and maintaining a consistent sleep schedule

▶ Eat balanced meals with plenty of fruits, vegetables, and whole grains to fuel your brain

Need Help? You're Not Alone

BEFRIENDERS MALAYSIA- EMOTIONAL AND SUICIDE PREVENTION SUPPORT.

- KL: 03-7627 2929 OR 03-7956 8145

MALAYSIAN MENTAL HEALTH ASSOCIATION (MMHA) – OFFERS COUNSELING

- PHONE: 03-2780 6803 (MON–FRI 9 AM–5 PM)