**Note-taking**

Title: Why and how you can have mental health days?

Topic:

Speaker: Wang Shibang

Information you’ve got from the talk (in phrases or sentences):

1.TED talk from Hailey Hardcastle.

2.What's going on? Do you have mental health. DDL. Being single. Speaking in front of people. Why is the whole thing taugh?

3.You are exhausting in heart.

4.Where will that lead us? 340,000,000

5.What can we do?

6.As a society, we can learn how to manage them by lokking after together.

7.结论?

Questions (at least 2) to the speaker:

1.Why our school post that twitter? Where can we find a place to cry in Tsinghua.

2.How can we get help from other people?

Your Comments (optional)