* Today, you will learn something that will add 10 years to your life
* What if I tell you Productivity immune systems. Mental Health Awareness Can Help in Ending Stigma Thinking more clearly keeping you away from Creating an enhanced sense of inner peace
* Mental health refers to our psychological, social, and emotional well-being. It can affect how we think, feel and act. It can also affect how we deal with stress, make decisions, and relate to others.
* Add story
* Being healthy emotionally can promote productivity and effectiveness in activities like work, school or caregiving.
* It plays an important part in the health of your relationships, and allows you to adapt to changes in your life and cope with adversity.
* These are some references which I used and they will add on more information which I would have missed out and would help you in starting your journey towards