

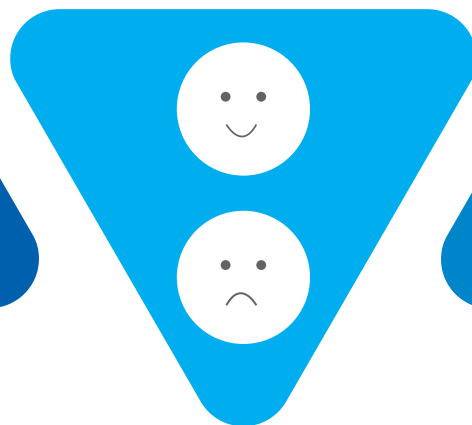
DEFINING MENTAL HEALTH

MENTAL HEALTH IS HOW WE:



THINK

FEEL



ACT

Our mental health is part of our physical health. The way we take care of ourselves can make us feel better, or worse. In other words, the way we treat ourselves impacts our health.

REFLECT:

1. How do your thoughts and feelings impact how you act?

2. What are actions you can take that make you feel good?



This handout is a partnership between the La Crosse Area Family YMCA and Better Together.