



Positive Mental Health

Donabate Portrane Educate Together

PEPY Cambodia

Overview

- **Habits/Techniques for life**
- Positive Mental Health - 4 Key areas
 1. Learning Environment
 2. Daily Habits*
 3. Doing Something You Enjoy
 4. Negative Emotions

Area One – Improve Learning/Living Environment

School and Home



Area Two - Do Something You Enjoy Daily!



Area Three - Our Daily Habits. Try and get the balance right!

Exercise



Diet



Sleep

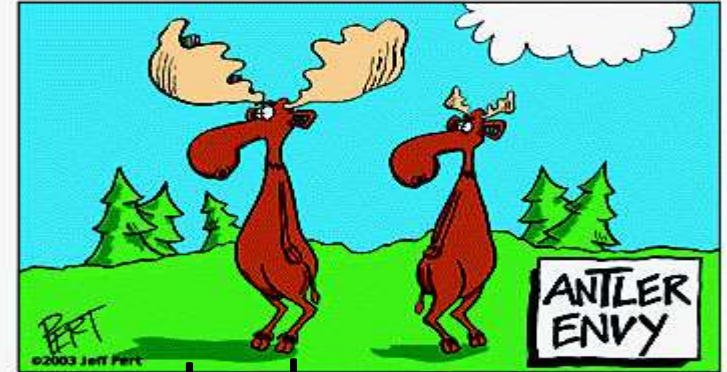
(not just yet!)



Area Four – Deal with undesirable emotions



- Anger



- Jealousy



- Stress



- Frustration

Area Four - Undesirable Emotions

- Everybody gets them
 - What they are
 - Awareness of when you have them
 - How to deal with them

**In the
dark,
we're all
the same.**

Deep roots make strong flowers!



The average person tells
4 lies a day or 1460 a
year; a total of 87,600 by
the age of 60. And the
most common lie is:
I'm Fine.