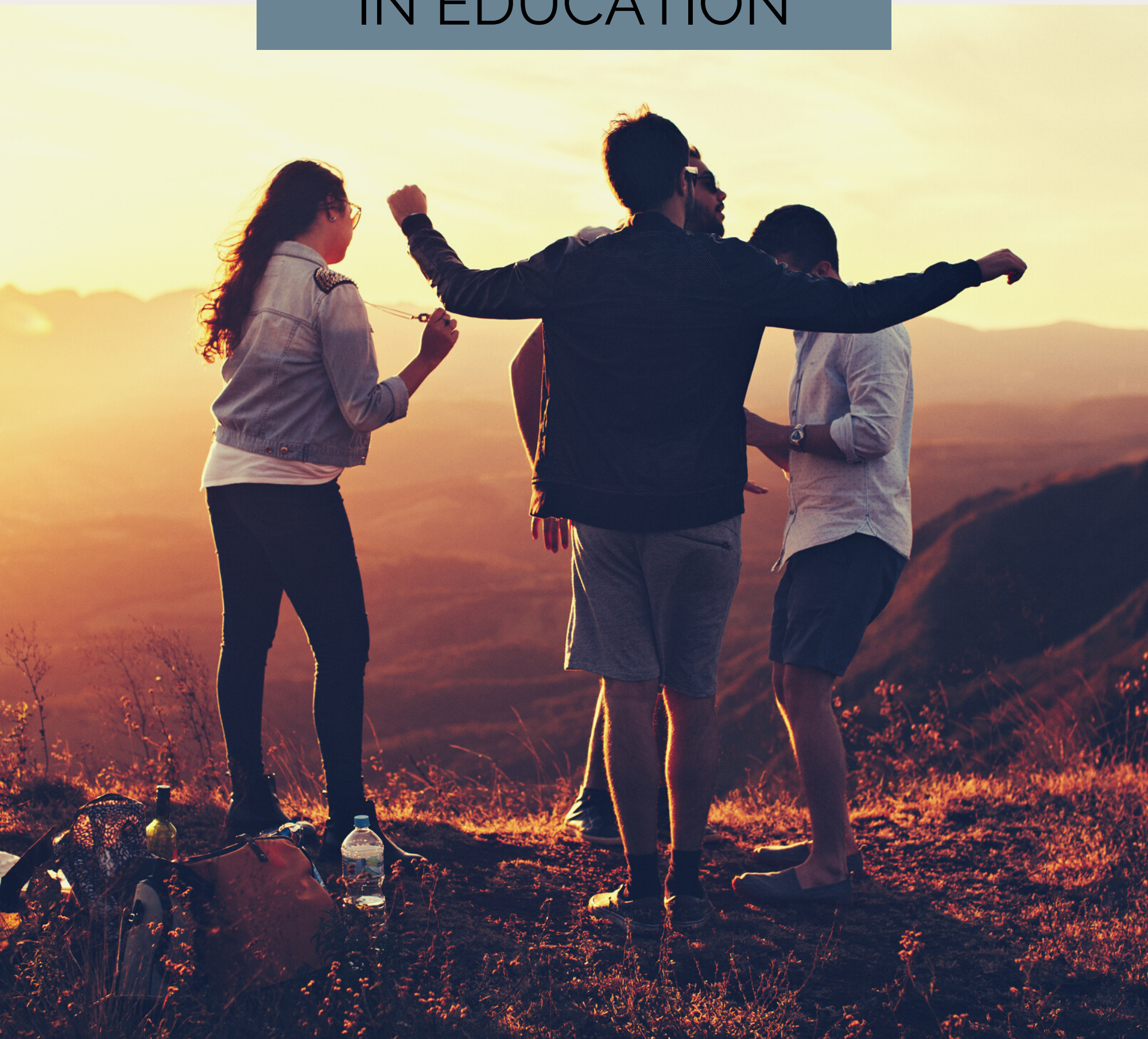

a simple

MENTAL HEALTH GUIDE

to teen wellness

IN EDUCATION





TIPS TO BETTER MENTAL HEALTH

BE KIND TO YOURSELF

[edukitchen.net](https://www.edukitchen.net)

1

**You are the only
person you can
control**





TIPS TO BETTER MENTAL HEALTH

BE KIND TO OTHERS

edukitchen.net

2

**Lead by example in
all you do**





TIPS TO BETTER MENTAL HEALTH

VALUE YOUR KNOWLEDGE

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3

Value knowing when to speak and when to listen





TIPS TO BETTER MENTAL HEALTH

RECOGNIZE YOUR STRENGTHS

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4

**You are much
stronger than you
think**





TIPS TO BETTER MENTAL HEALTH

BELIEVE IN YOUR ABILITIES

5

**You actually know
more than you think
you do**



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EDUKITCHEN & THE ETI ACADEMY

and together we work to benefit all

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