

MAY MESSAGE - MENTAL HEALTH AWARENESS WEEK.



YOUR MENTAL HEALTH IS
A PART OF YOUR BRAIN
THAT YOU MUST LOOK
AFTER. IF YOU ARE
SPENDING TOO MUCH TIME
ON VIDEO GAMES, TV ETC.



IT WILL PLAY WITH YOUR MIND AND YOU
WILL START SPENDING MORE TIME ON VIDEO
GAMES AND YOU WILL START TO LOSE
YOURSELF.

HERE ARE SOME TIPS FOR
LOOKING AFTER YOUR MIND.

YOU CAN:

1. LOWER YOUR SCREEN TIME/SET A TIME LIMIT
2. DON'T PLAY ONLINE GAMES ALL THE TIME.
3. SPEND TIME WITH YOUR FAMILY.
4. PLAY WITH YOUR FRIENDS.
5. READ A BOOK.
6. PLAY OUT SIDE MORE

