

# MENTAL IS HEALTH IN SCHOOL

**90%**

OF SUCCESS  
Depends on our  
MENTAL HEALTH

**HOW MUCH**

DO WE REALLY NEED IN SCHOOL?



**2** OF EACH  
PER DAY **OR**

**1** PER SCHOOL  
INTERACTION



**MIND**  
PILLAR #1



**BODY**  
PILLAR #2



**SPIRIT**  
PILLAR 3



**LOVE**  
PILLAR #4

## BENEFITS OF

# SCHOOL MENTAL HEALTH

BETTER  
MOOD



BRAIN  
BOOST



HEALTHY  
PLAY



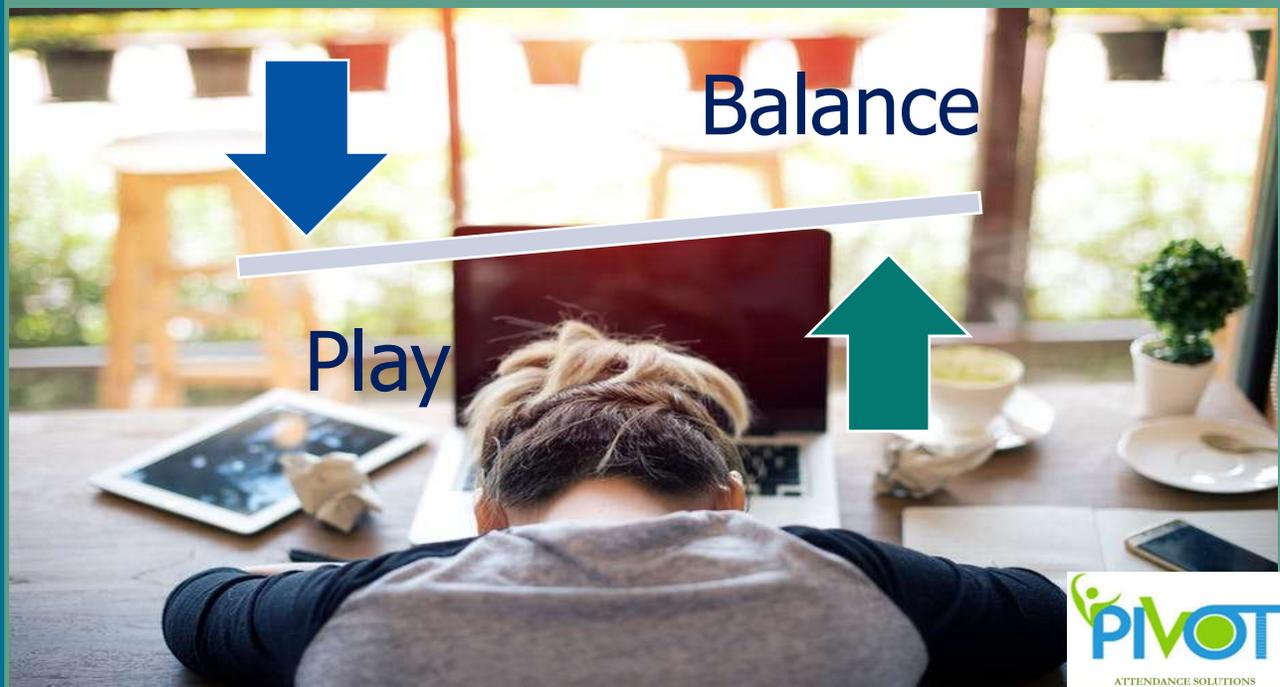
MANAGE  
STRESS



REMOVE  
TOXINS



BUILD  
RELATIONSHIPS



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