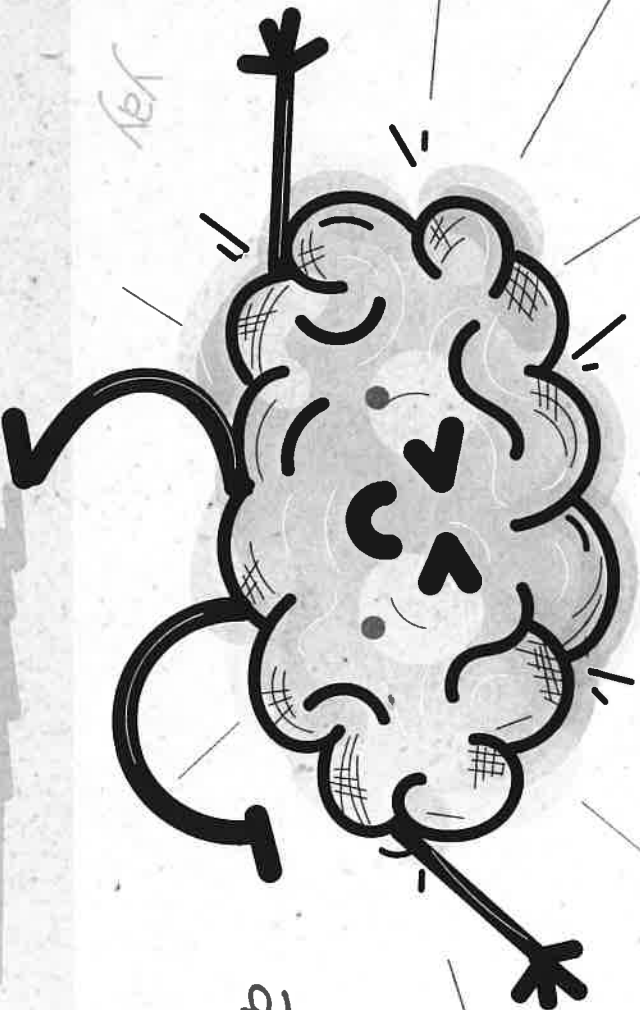


~~END THE  
STIGMA  
NOW!~~

Lets talk about

# BRAIN HEALTH!



I like you

brave

Yay

hi

you are nice

happy

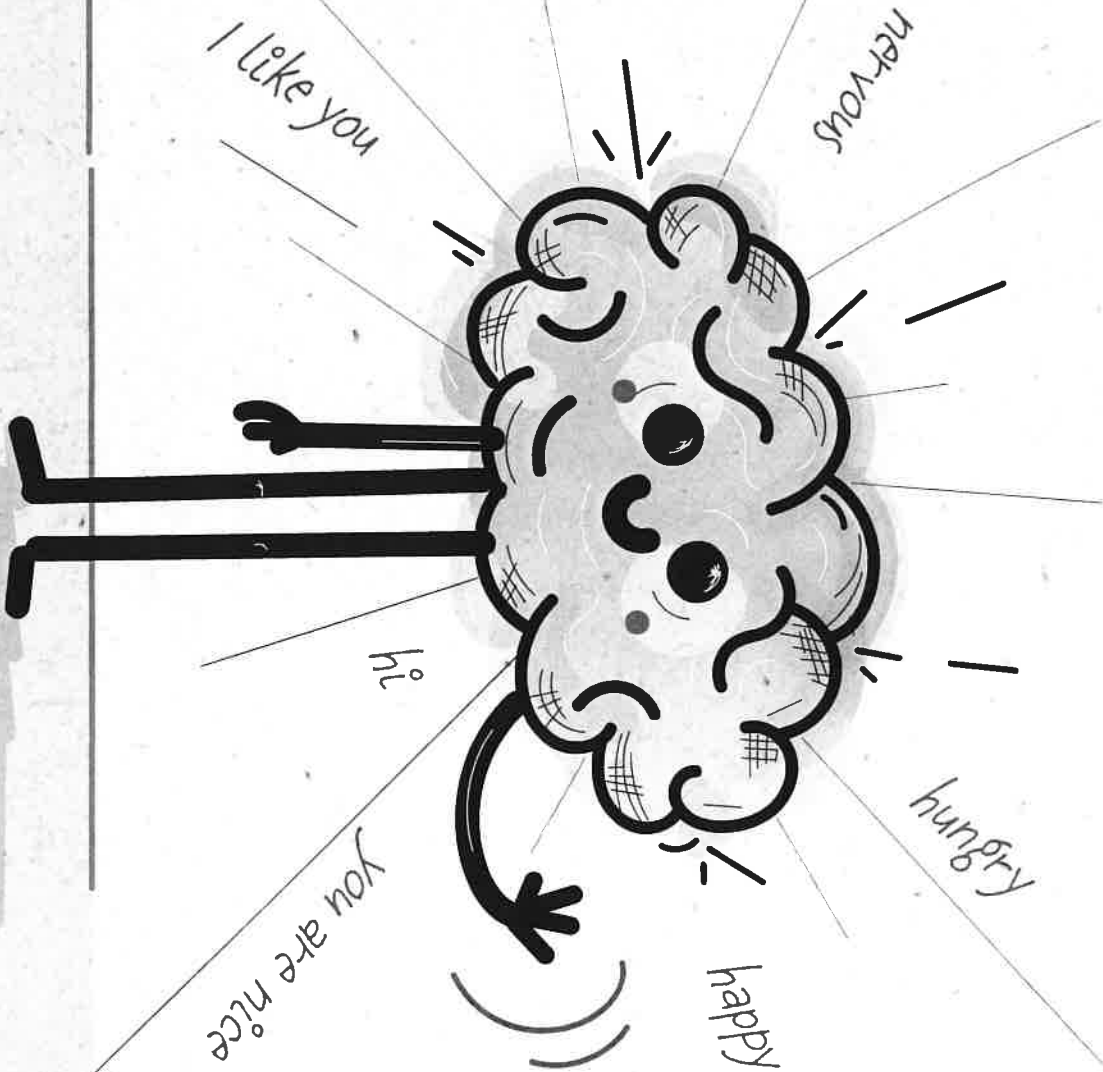
Hi, I am  
a healthy and  
happy brain

# The Brain

The brain is a physical organ that helps us

**THINK, FEEL AND MOVE.**

It also weighs 3 pounds!



Just like you get a stomachache, toothache or earache  
**THE BRAIN CAN GET SICK TOO.**

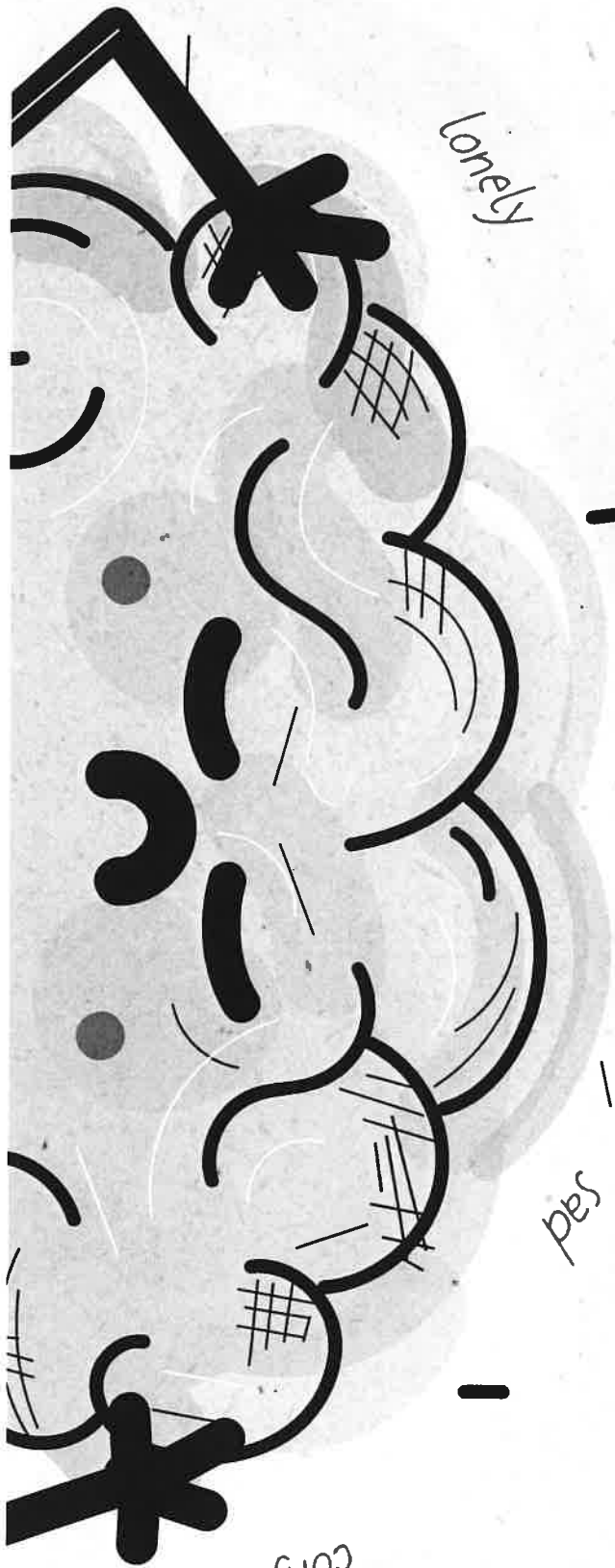
*(take your pick).*

*angry*

*sad*

*lonely*

*confused*



When the brain gets tired or overwhelmed, you may feel  
**ANGRY, ANXIOUS OR SAD.**



*ouch!*

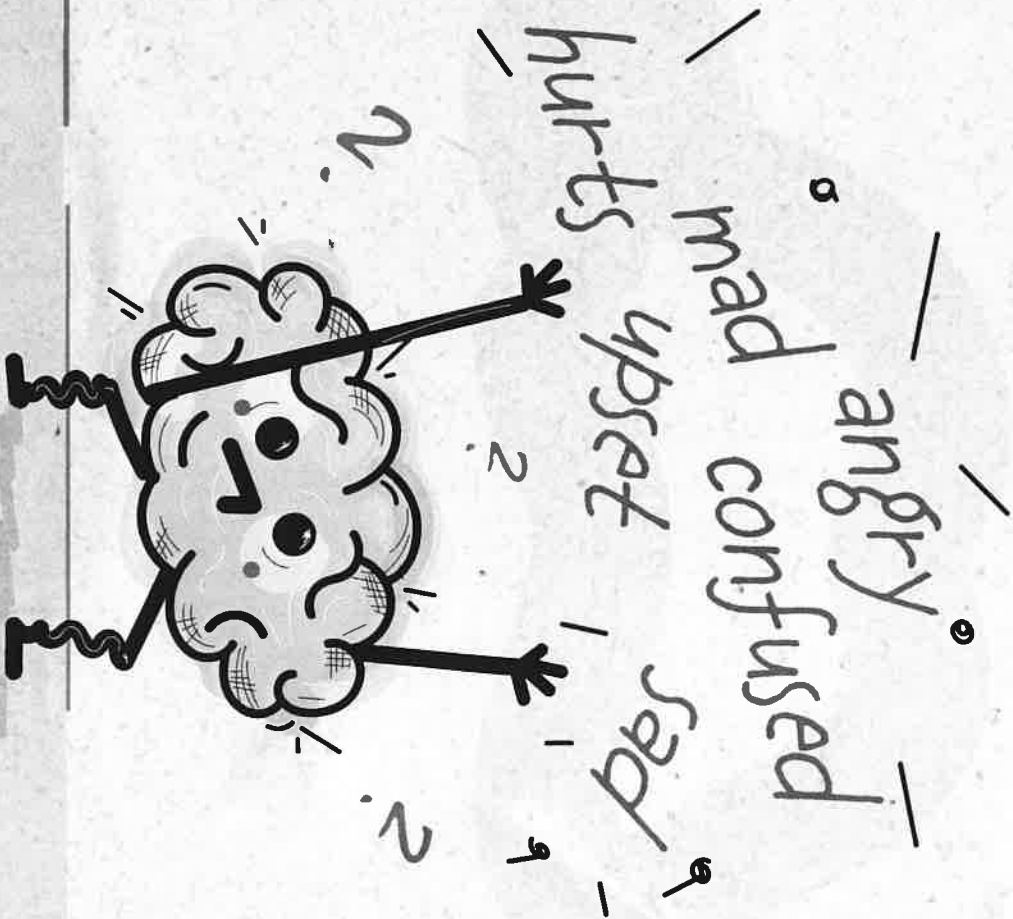
It's normal to have those feelings,

**WE ALL DO.**

~ yes we do ~

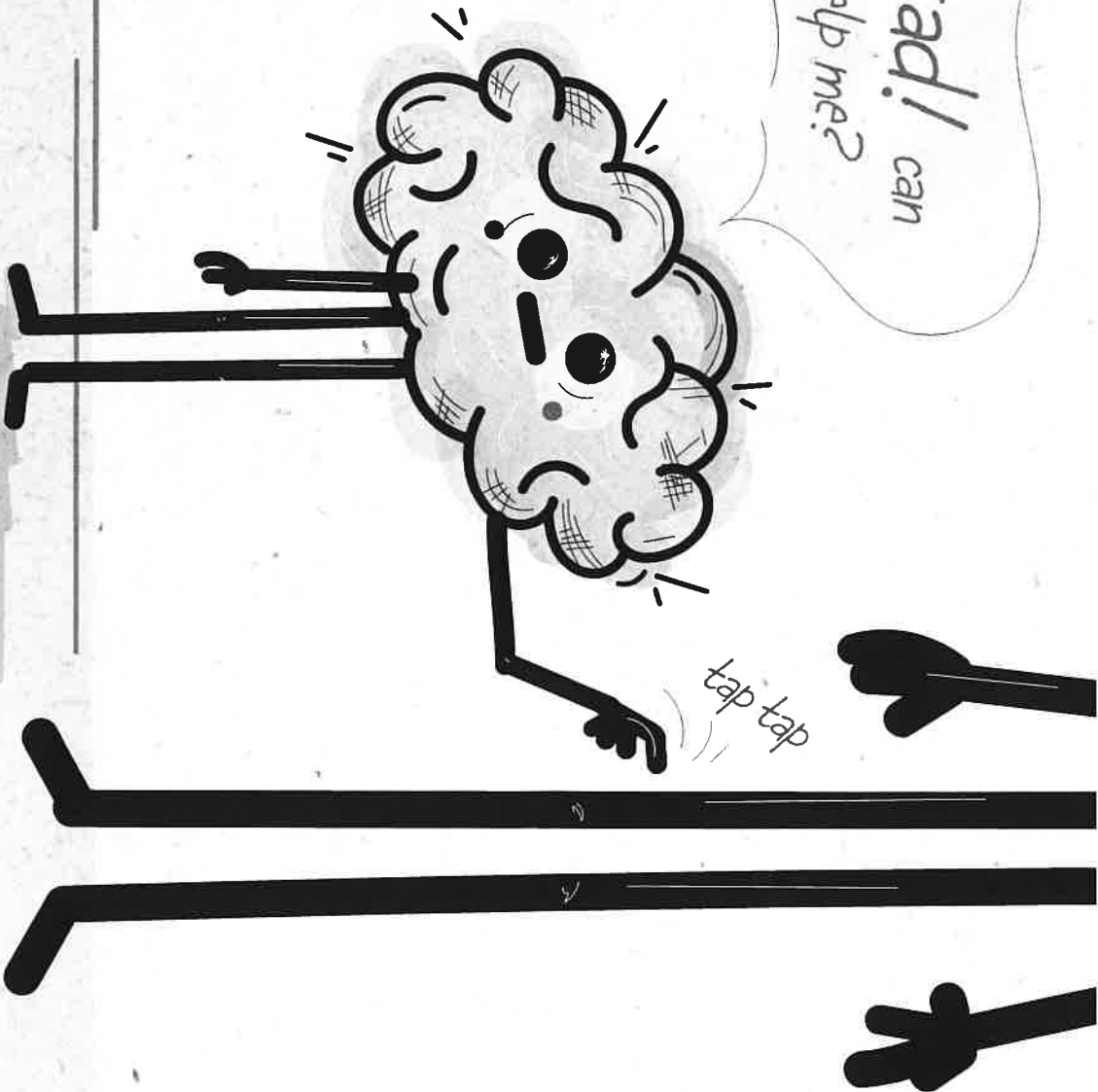


But sometimes the  
brain doesn't know  
what to do with  
those feelings and  
**THE BRAIN  
NEEDS HELP.**



I am sad!  
can you help me?

It's important to  
**TELL SOMEONE**  
who cares about you  
how you feel..



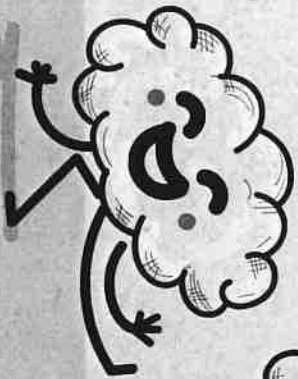
*try it!*

The emotion scale

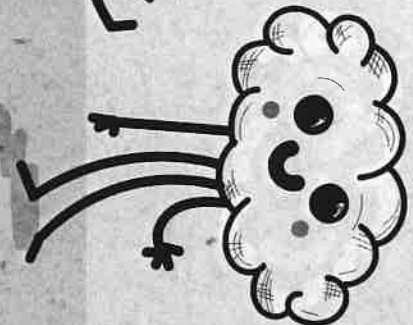
# HOW ARE YOU FEELING TODAY?

*Whatever you are feeling is ok*

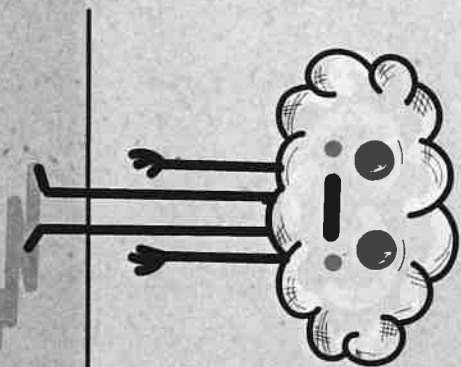
awesome



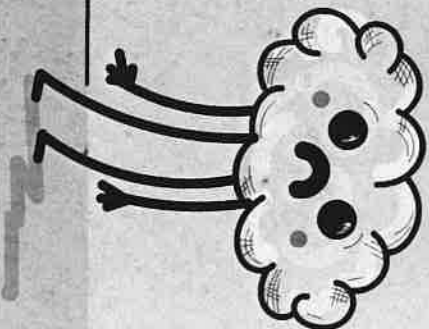
good



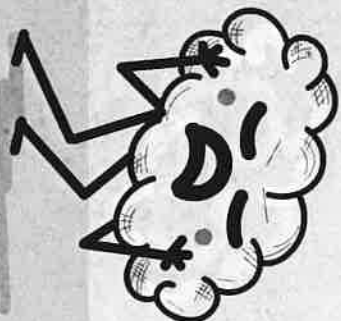
ok



not good



terrible





# WHEN YOUR BRAIN NEEDS HELP WHAT CAN YOU DO?

- Ask for help.
- Get enough sleep.
- Go outside.
- Exercise.
- Meditate.
- Eat good foods.

