

Caring for Your Mental Health



by Mari Schuh

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Words in **bold** are in the glossary.

What Is Mental Health?

We take care of our bodies every day. It is important to take care of our minds and feelings too.

Mental health is about how we think, feel, and act. It is about how we feel about ourselves and the world around us. Taking care of our minds helps us make good choices. It helps us get along with others.



Tough Times

People can have tough times. You might be worried about a spelling test. Maybe a friend is moving away. Maybe your dog is sick. Or you are going to a new school.

When life is hard, the way you think, feel, and act might change. You might fight with your friends. You might have trouble sleeping. Having healthy **habits** can help you feel better again.



Eat Healthy Foods

The food you eat can affect how you think, feel, and act. Yes, it's true! Healthy foods are full of **nutrients**. They keep your energy **steady**. They help you **focus** and feel happy.

Eat many kinds of healthy foods. Choose fruits and vegetables. Whole grains like brown rice are good for you. Eat beans, nuts, and yogurt too. You will feel good!

