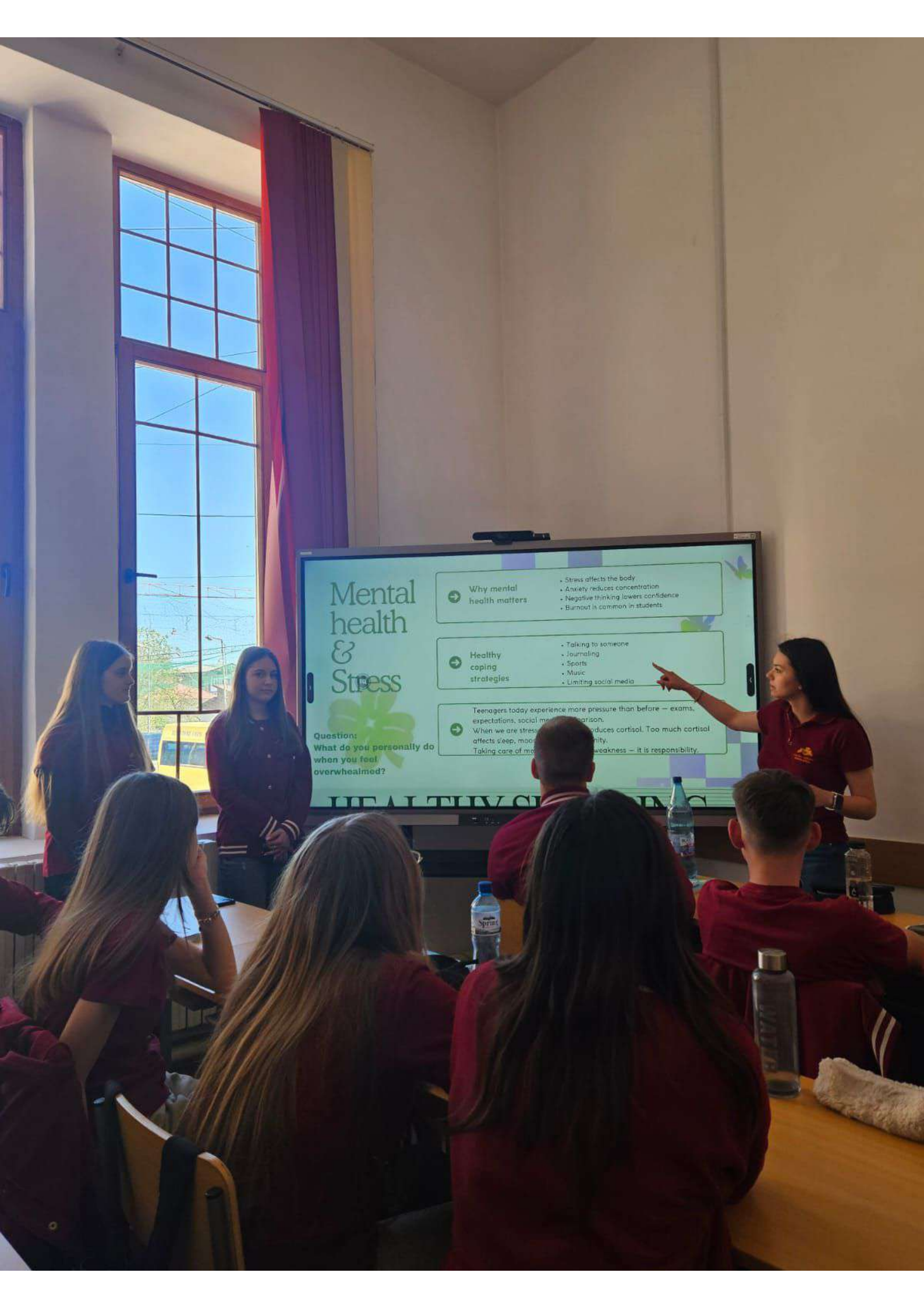








Mental health & Stress

Why mental health matters

- Stress affects the body
- Anxiety reduces concentration
- Negative thinking lowers confidence
- Burnout is common in students

Healthy coping strategies

- Talking to someone
- Journaling
- Sports
- Music
- Limiting social media

Question:
What do you personally do when you feel overwhelmed?

Teenagers today experience more pressure than before – exams, expectations, social media comparisons. When we are stressed, it produces cortisol. Too much cortisol affects sleep, mood, and immunity. Taking care of mental health is a responsibility.

HEALTHY COPING STRATEGIES