

MENTAL HEALTH



EMO Philippines

ACTIVITIES

A. Health Routine

Good Habits



Bad Habits



B. Options

(a) A method to keep the mind healthy

Describe a method or technique to keep the mind healthy

You should say:

- *what it is*
- *how do you do it*
- *how often you practice it*

and explain why it is helpful

(b) A misconception about mental health

Describe a common misconception about mental health.

You should say:

- *what it is*
- *how common this belief is*
- *why people believe in this*

and explain how to change/stop such misconception