

# Helping Heart

To help myself I can...

I can do some exercise because it makes you feel less stressed or pressured.

I could talk with someone else, to let out my feelings.

To take my mind off bad thoughts I could: listen to music, do a puzzle, do some yoga or I could build something.

To help others I can...

I could listen to what people say when expressing their feelings then give them some advice.

I can have an impact on someone's mental health to make them feel positive by giving them a kind compliment.

To support a friend in need I can take some of their stress away by maybe

doing some of their jobs.

**Key Words**

mental health, positive impact, share, talk, kindness, exercise, friend, support, express, individual, unique