



## WHAT IS MENTAL HEALTH?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well and contribute to their community.

## SIGNS OF POOR MENTAL HEALTH



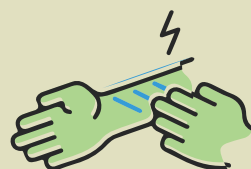
Not wanting your friends and family close to you



Not doing activities you like anymore



Feeling helpless or hopeless



Thinking of harming yourself or others



Feeling unhappy or sad sometimes



Eating or sleeping too much or too little



Did you know:  
Forcing yourself to laugh will actually make you laugh! (Try it)

# Substance use and misuse

## EFFECTS OF SUBSTANCE USE ON:

### Individual



Affects brain development  
Rotten teeth  
Mental health problems  
Poor school performance  
Liver and lung disease  
Low sperm count, leading to infertility  
Death

### Family



Emotional stress or  
mental health problems  
Strained relationships

### Society



High crime rates  
Increased violence rates  
Environmental damage



Alcohol



Crystal  
Meth



Cane  
spirit



Glue



Tobacco

Common  
substances  
used and  
misused by  
young people



Marijuana



Broncleer

HOW TO  
AVOID  
SUBSTANCE  
USE



Exercise  
regularly



Engage  
in fun  
activities



Talk to people you trust  
and seek help at a nearest  
health facility

**SAY  
NO**  
TO SUBSTANCE  
USE!



## WHAT IS ORAL HEALTH?

Oral health is the practice of keeping your mouth clean and free of disease by regular brushing of teeth and gums and having good hygiene habits.

## HOW TO TAKE CARE OF YOUR TEETH AND GUMS

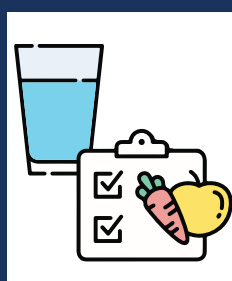
### Do's



Brush your teeth twice a day using fluoride toothpaste



Change your toothbrush every 3 months



Eat a healthy diet and drink water



Visit the dentist every 6 months

### Don'ts

Avoid sugary and junk foods- these lead to tooth decay



Don't brush too hard- you will damage your teeth



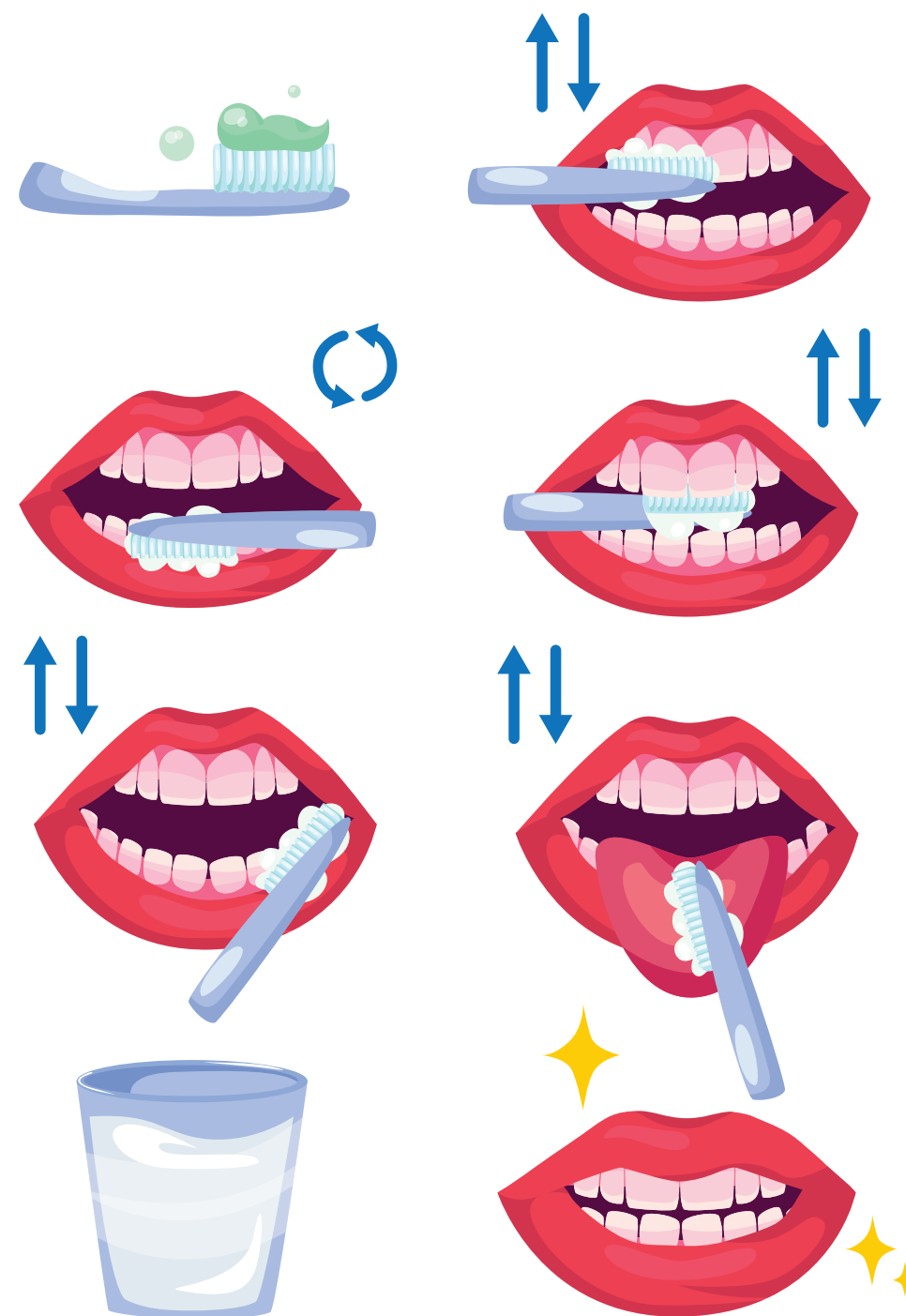
Don't bite your nails or crunch ice



Don't be afraid of the dentist



## HOW TO BRUSH YOUR TEETH



**Fact:** You need healthy teeth and gums to eat the foods you love.

# SLEEP



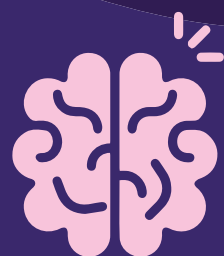
## WHY SLEEP IS IMPORTANT ?



Improves brain performance



Boosts your immunity



Improves memory and cognitive abilities



Improves school / work performance



Enhances athletic performance



Sleep for 8-10 hours a day

1



2 Turn off devices before bed- phone, TV, laptops and tablets

2



6 Avoid sugary foods and drinks right before bed

6



5 Get plenty of exercise during the day

5

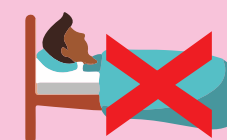
## TIPS FOR BETTER SLEEP

4



4 Try to go to bed at the same time every night

3



3 Avoid napping during the day

? DID YOU KNOW:

**Wearing socks to bed may help you fall asleep faster and stay asleep longer!**



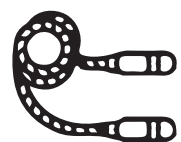
# PHYSICAL ACTIVITY



## WHAT IS PHYSICAL ACTIVITY?

Physical activity is any activity that increases your breathing rate and makes your heart beat faster, for example, running, jogging, playing sports, going to the gym, fetching water from the borehole, etc.

## EXAMPLES OF PHYSICAL ACTIVITY



Skipping



Sports



Walking



Cleaning  
your room



Riding  
a bike



Dancing



Gym  
Workouts



Running /  
Jogging

## BENEFITS OF PHYSICAL ACTIVITY

### Healthy mind



Better  
social skills



Memory  
Boost



Improved  
mental  
health



Improved  
concentration  
and learning

### Healthy body



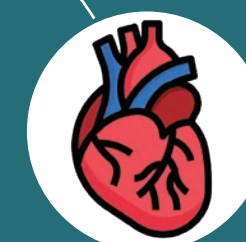
Helps make  
the bones  
stronger



Improves  
sleep



Prevents  
injury and  
disease



Improves  
blood  
flow

## ACTIONS



Aim for 60 minutes  
of physical activity  
every day



Sit less.  
Move  
More



Limit your daily  
screen time to 2  
hours or less



## BENEFITS OF HEALTHY EATING

Promotes growth and development



Gives you energy to study and play



Makes you less sick



Improves your brain function



Improves mood



Better performance in school



## DO'S AND DON'TS OF HEALTHY EATING

### Do's

Maintain a four star diet

Drink 2 litres or more of water

Eat home-cooked meals as much as possible

### Don'ts

Don't eat big portions of food before going to bed

Avoid eating junk food.

Avoid eating sugary or salty foods e.g sweets or crisps