

BRAVERY *for mental health*

**YOUR LIFE IS BIG.
YOU WANT IT THAT WAY.
LEARN TO BE BRAVE
WHEN IT FEELS TOO BIG.**

- 1** KNOW YOUR EMOTIONAL STATUS
- 2** ASK FOR HELP
- 3** MAKE ROOM FOR JOY

**HOW TO MANAGE THE
PRESSURE OF YOUR BUSY LIFE**

.....
SUNDAY MAY 15
8-8:30PM SCRIMMAGE
.....

#MENTALHEALTHAWARENESS

KNOW YOUR EMOTIONAL STATUS

1



DOES IT FEEL WEIRDER TO BE HAPPY OR TO BE SAD?

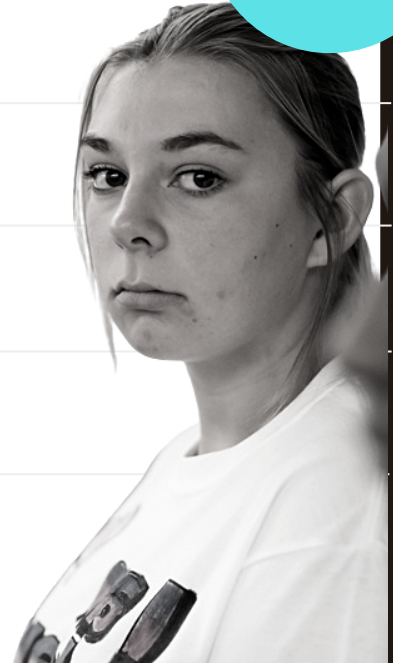
WHAT DO YOU FEEL WHEN YOU ARE STRESSED?

WHAT DO YOU FEEL WHEN YOU ARE SAD?

WHAT DO YOU DO WHEN YOU FEEL STRESSED OR SAD?

WHAT COULD YOU DO WHEN YOU FEEL STRESSED OR SAD?

EMOTIONAL VOCABULARY



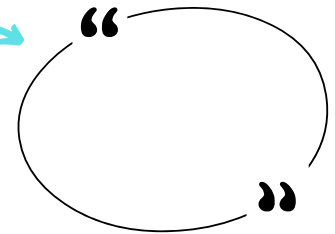
2

ASK FOR HELP

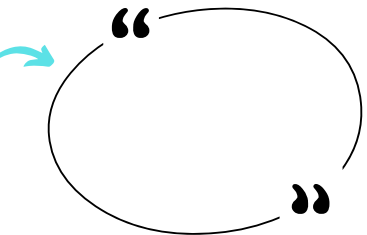
WHO

WHAT WOULD YOU SAY?

RELATIONSHIP



RELATIONSHIP



3

MAKE ROOM FOR JOY

