

AN INFOGRAPHIC ON

MENTAL HEALTH AWARENESS



POSSIBLE CAUSES OF ANXIETY, STRESS, ETC.

ACADEMICS

- Fear of failure
- High expectations set by teachers/peers/parents

PERSONAL ISSUES

- Body Image
- Comparing yourself to others

SOCIAL ISSUES

- Toxic friendships
- Relationships
- Social Standards

BIOLOGICAL ISSUES

- Chemical Imbalance
- Health Problems

STEPS TOWARDS SELF HELP

TALK TO SOMEONE

- Support
- Relating to others

PROFESSIONAL HELP

- Seek help from a medical professional
- See a counsellor/therapist

EXERCISE

- Releases Endorphins
- Gets your mind off of some issues

MEDITATE

- Mindfulness
- Reduces Blood Pressure

YOU ARE NOT ALONE