

Mental Health Awareness For Teenagers

(Pentingnya Menjaga Kesehatan Mental)

Mental health is an important aspect of life that is often overlooked. Maintaining mental health is not just about avoiding stress, but also about establishing balance in life, recognizing your own emotions, and knowing when to pause and breathe.

Factors that support mental health include a supportive work or study environment, adequate rest, limiting excessive stress, and having the courage to seek help.

Maintaining mental health is crucial because it can improve your quality of life, clear your mind, make your body feel lighter, and make your relationships with others more harmonious.

Closing Remarks:

Finally, don't be so busy chasing productivity that you forget to give yourself space. Let's care for each other—not just for our physical health, but also for our mental health.

Thank you for your attention.

Peace be upon you.

May physical and spiritual health be with us all.