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Healthy Mind - an Easy Read tool for building good mental health



Healthy Mind is an online Easy Read tool for building good mental health



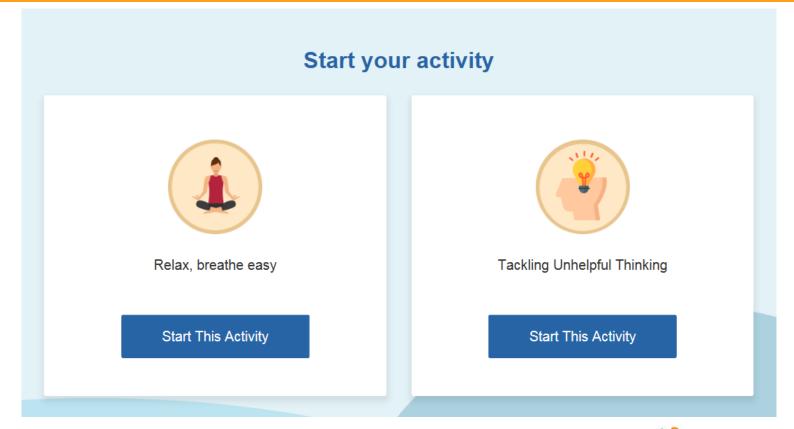
Healthy Mind can help you feel better if you've felt

- · worried for a long time
- · stressed for long time
- · angry for a long time
- · sad for a long time

Healthy Mind will teach you how to think in ways that are helpful for having a good life



Activities





Activities



What does it mean to be relaxed?



Being relaxed means that you stop feeling stressed or worried.



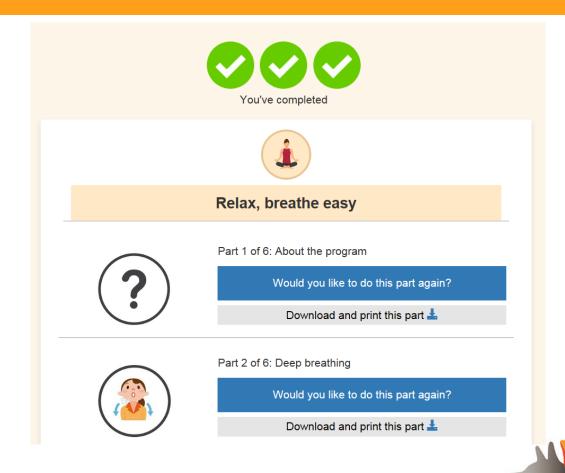




It means you can think about happy things.



Tracking progress



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Videos



How to deep breathe

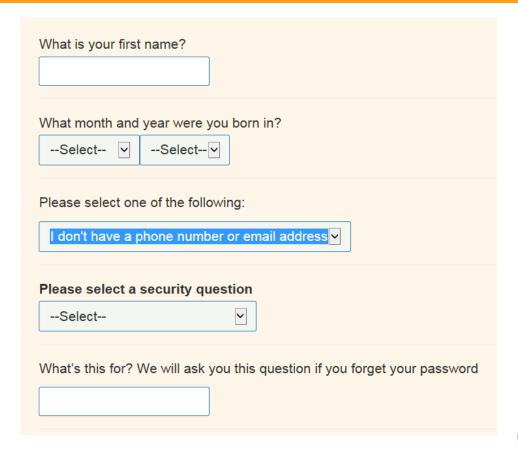






Creating a mentally healthier world

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