Adapted from : https://www.youtube.com/watch?v=DxIDKZHW3-E
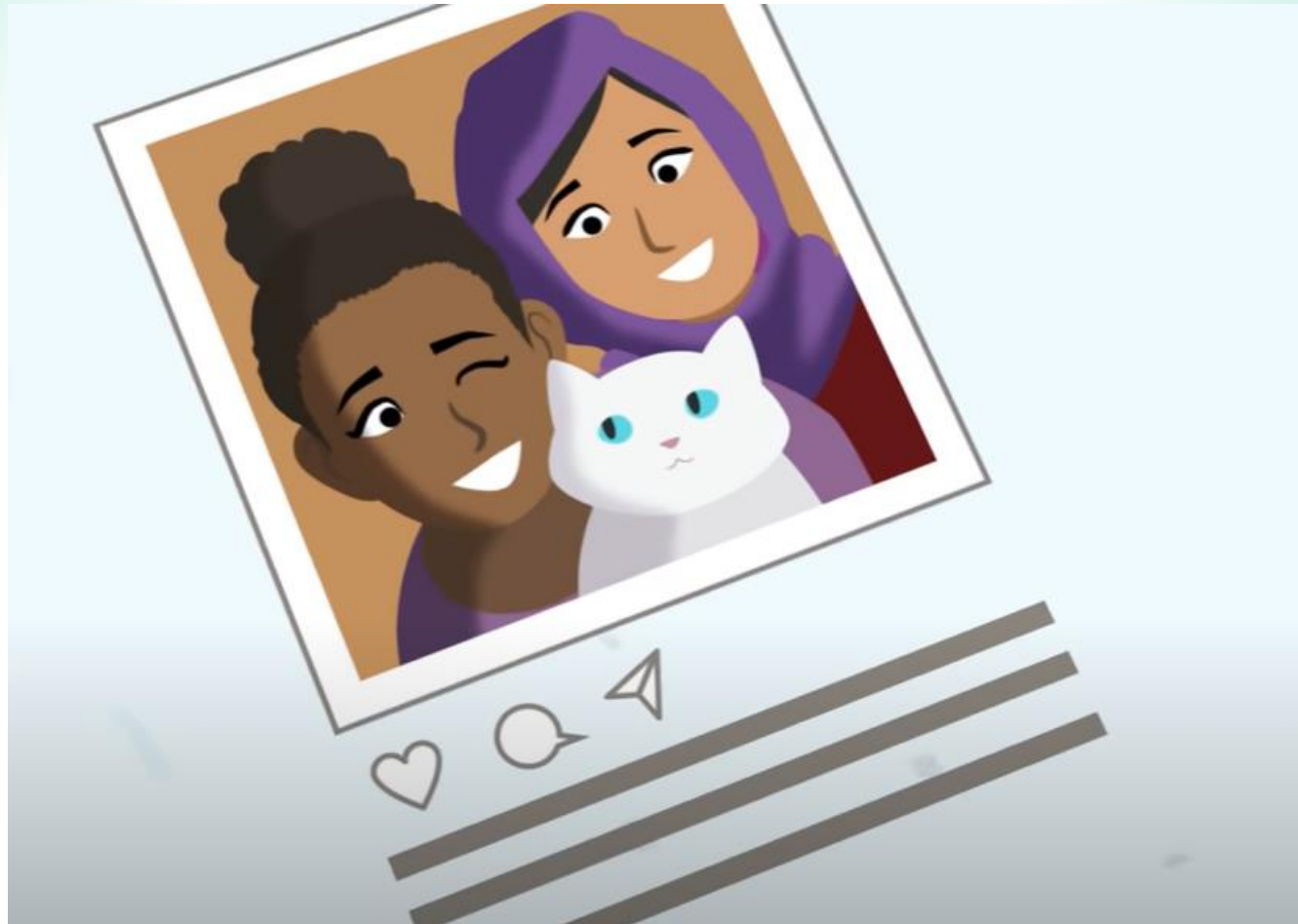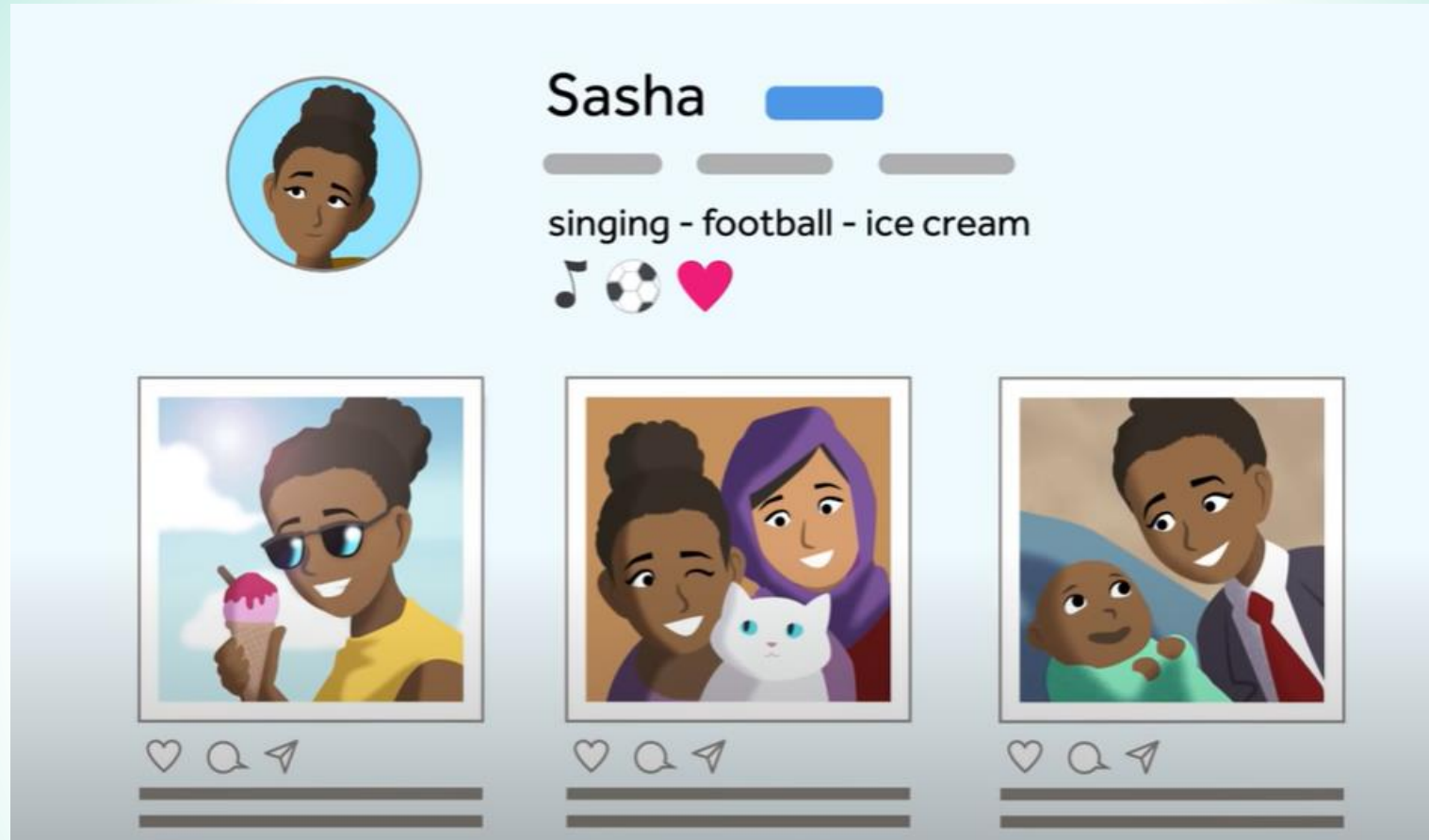
We can't know how someone feels by looking at their pictures.
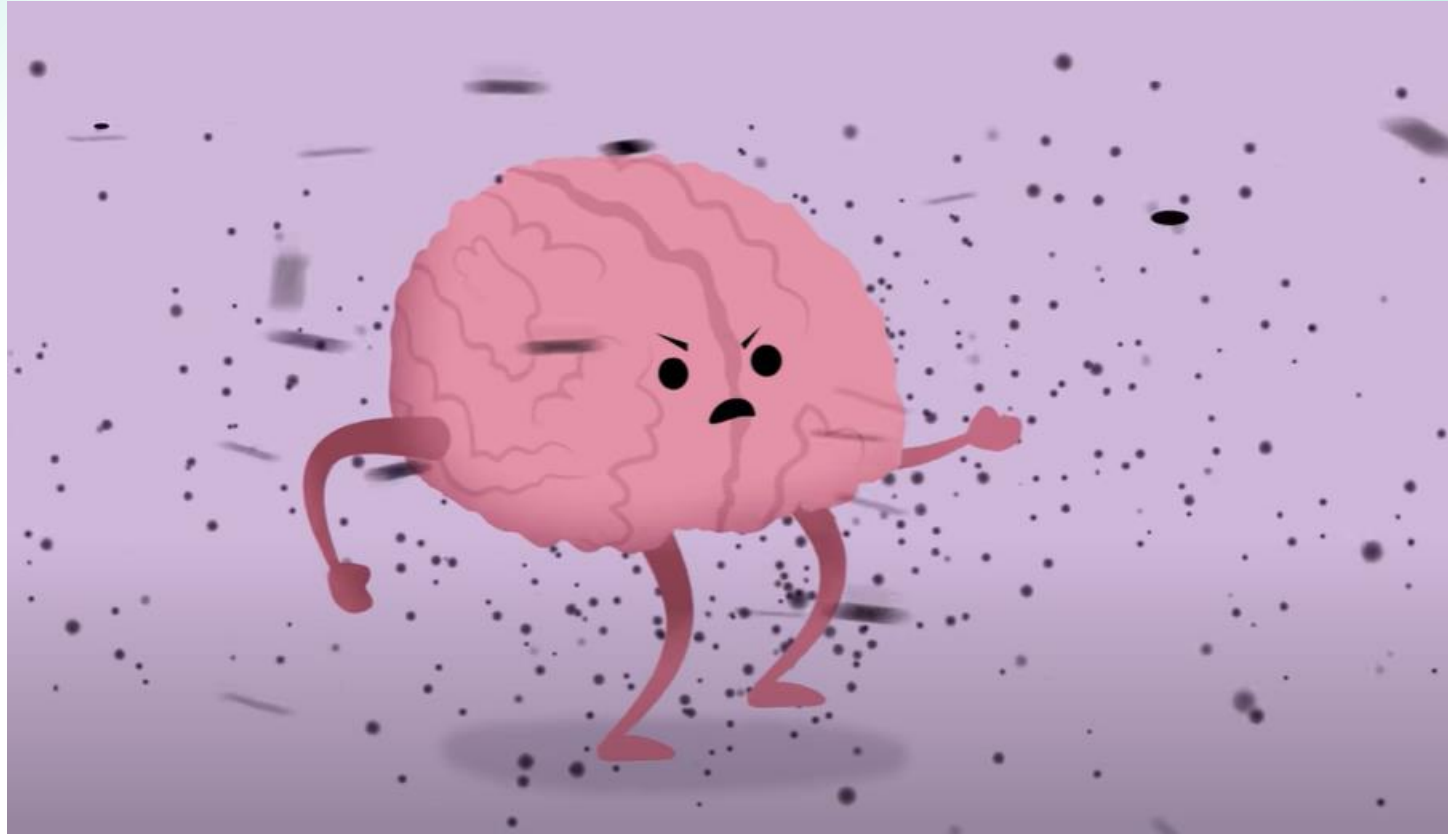
On the internet, our lives might look perfect.
But really they are not perfect.

For example, Sasha always worries about doing well at school.

She has tests and exams, and she is very stressed.

She can't sleep because she thinks about the tests.
Her brain will not relax.

Some days Sasha feels very confused and lost.
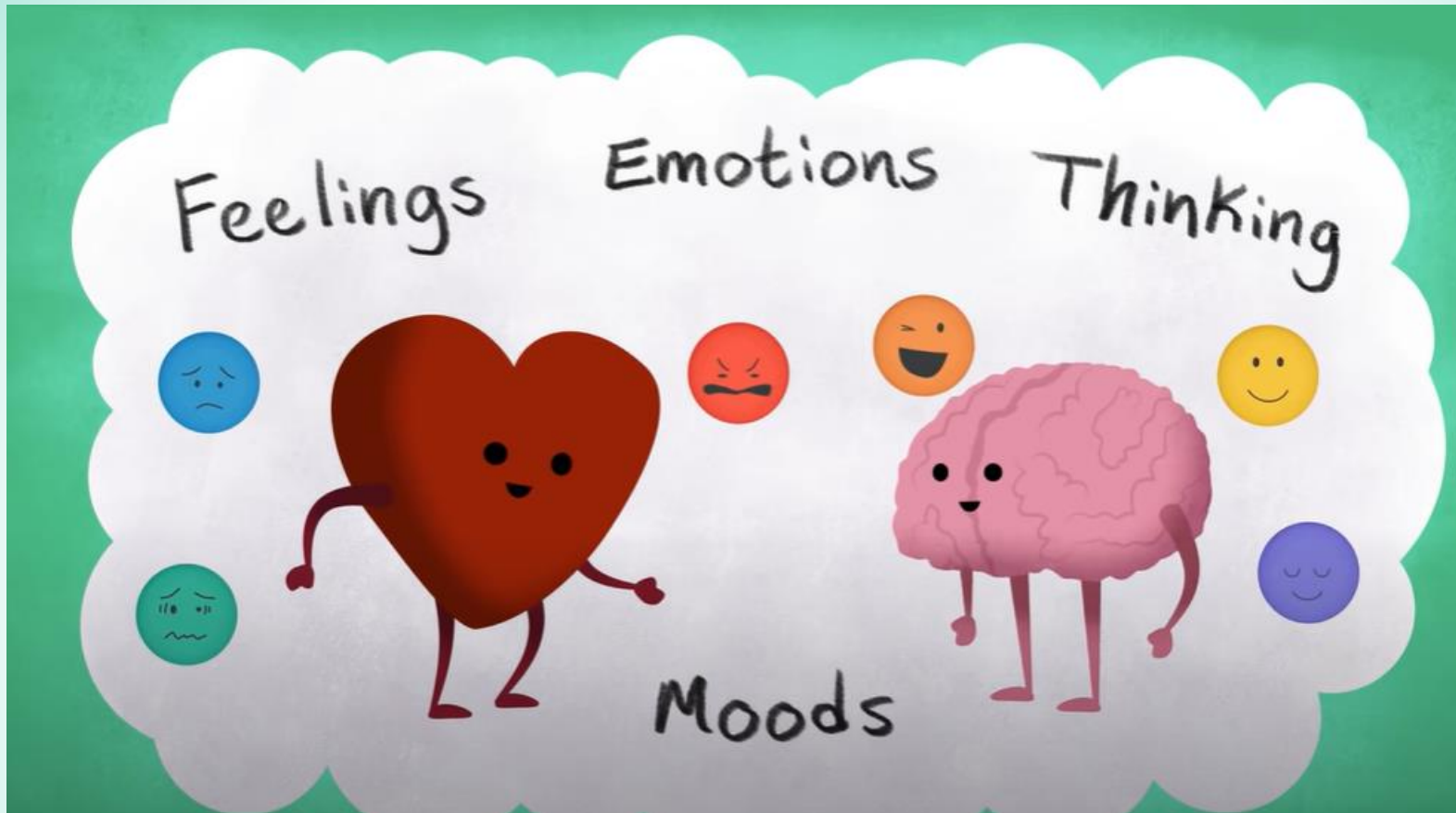
One day, Sasha did badly on a test.

When Sasha got home, she cried in front of her mom.

Sasha's mom listened to her talk about her feelings.

Sasha's mom told her that we all have 'mental health'.

'Mental Health' is our feelings, emotions, and thinking.

It is normal to feel sad, angry, and stressed. We all have positive and negative emotions.

Sasha's mom told her to relax and do something she likes.

Sasha made some hot chocolate, sat on the sofa, and watched a movie. She felt a lot better.