

EXAMPLE

MENTAL HEALTH: THE GROUP'S VIEW

Statement	Comment
Something you do that makes you feel better about yourself	
Feeling different emotions (excited, happy)	
Making other people positive	
Being happy or sad or both at the same time but staying positive	
The way we feel about our life and actions	
When you feel positive about yourself. When you are in the right frame of mind about your wellbeing.	
Not feeling self-conscious	
Your state of mind	