# MENTAL HEALTH

| IS | | IS NOT |
| --- | --- | --- |
| Work on your inner self | 1 | Being happy all the time |
| A part of us we must care for | 2 | Something only some people have |
| Feeling a full range of emotions | 3 | Only feeling pleasant emotions |
| What makes us human | 4 | Something fictional |
| A topic we must talk about | 5 | A reason to feel shame |

# LA SALUD MENTAL

| | ES | NO ES |
|---|---|---|
| 1 | Un trabajo interno | Estar felices todos el tiempo |
| 2 | Una parte nuestra que debemos cuidar | Algo que sienten sólo algunas personas |
| 3 | Sentir todo el rango de emociones | Sentir sólo emociones placenteras |
| 4 | Lo que nos hace seres humanos | Algo ficticio |
| 5 | Un tema del que debemos hablar | Una razón para sentirse avergonzado |