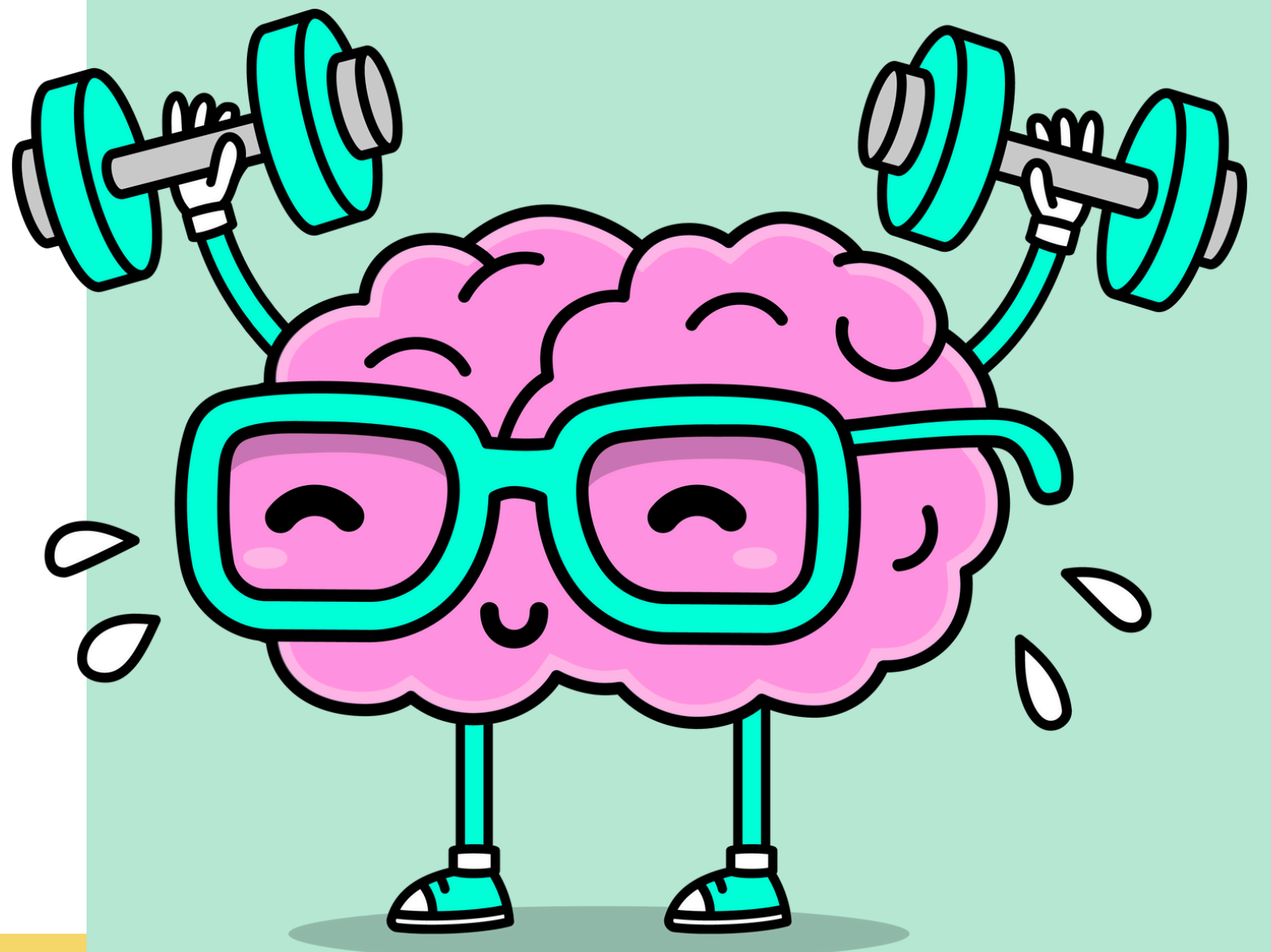


MENTAL HEALTH

Awareness



What is Mental Health?

Mental health is a state of well-being where individuals can cope with the normal stresses of life, realize their potential, work productively, and contribute to their community. It encompasses our emotional, psychological, and social well-being, affecting how we think, feel, and act.

It's not just the absence of mental illness, but rather a positive state of mind that allows us to thrive.

Visit our website for additional information.

Bumpandmamas.com

SUPPORTING MENTAL HEALTH

• Self-Care

- Get regular exercise
- Just 30 minutes of walking
- Eat healthy, regular meals
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities

• Seek Professional Help

External Support are available to all moms! Bump & Mamas offers personalised mindfulness coaching to create balance. Therapists, counsellors, and support groups are also accessible.