In order to keep healthy, we need to (play / **exercise** / hide) both our mind and body. It's easy to think of ways to exercise our body, but what about our mind?

Research (show / **shows** / showing) that if we (**keep** / stay / bring) our minds healthy there are many benefits: we usually have more (**energy** / biology / ecology) and we can use this in the activities we are doing; we are more focused so we can concentrate (good / **better** / best) on a task; we are more alert so we can respond more appropriately (for / from / **to**) a situation; we are less stressed, so we can learn better.

If we have a healthy mind, we feel good about (yourself / themselves / **ourselves**). We (shout / **call** / scream) this mental well-being. Being positive and feeling happy is part of well-being. If we are positive, the people (over / under / **around**) us are more likely to feel positive too.

There are many ways to improve our mental health and well-being. Here are just a few. Which ones do you think would be the best for your well-being? Add your own ideas.