



[http://2.bp.blogspot.com/\\_w-gQ1mH8U5P/ES1uQhU/AAAAAAAAAG0A/T\\_AAKY0vY16GQ/Listen\\_CD.jpg](http://2.bp.blogspot.com/_w-gQ1mH8U5P/ES1uQhU/AAAAAAAAAG0A/T_AAKY0vY16GQ/Listen_CD.jpg)

# Queensland Mental Health Week



Mental health is very important.



We eat healthy. 🍏



We exercise. 🏃



We sleep well. 🛏



We smile. 😊



We talk with our family. 👨👩👧



We talk with our friends. 👨👩



We share food. 🍲