



dreamstime.



Stay positive=  
Stay healthy



# WHAT IS HEALTH?



**Health isn't just  
about a diet. It's  
also about a way  
of thinking and a  
way of being.**

**Katrina Mayer**

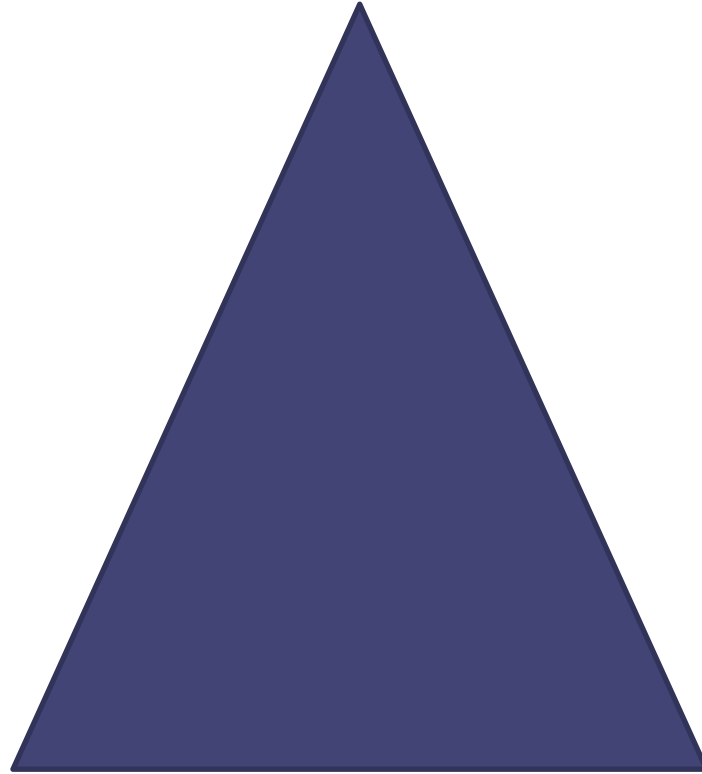
*KatrinaMayer.com*



**HEALTH**

**PHYSICAL  
HEALTH**

**MENTAL  
HEALTH**



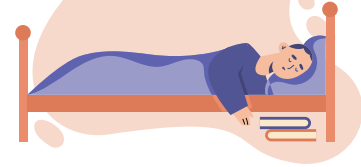
# Physical health



**Diet**



**Exercise**



**Sleep**

# Mental Health



**Emotional  
state**

**Psychological  
state**

**Social  
interaction**





The background is a deep blue night sky filled with small white stars. There are several stylized clouds: a light blue cloud in the upper right, a white cloud in the lower right, and an orange cloud in the lower right. A thin orange line curves across the top right. The text is in a bold, orange, sans-serif font.

**Gratitude Practice**

**Emotional Expression  
through Art**

**Journaling**

**Relaxing Activities**



Practice

Practice

Practice



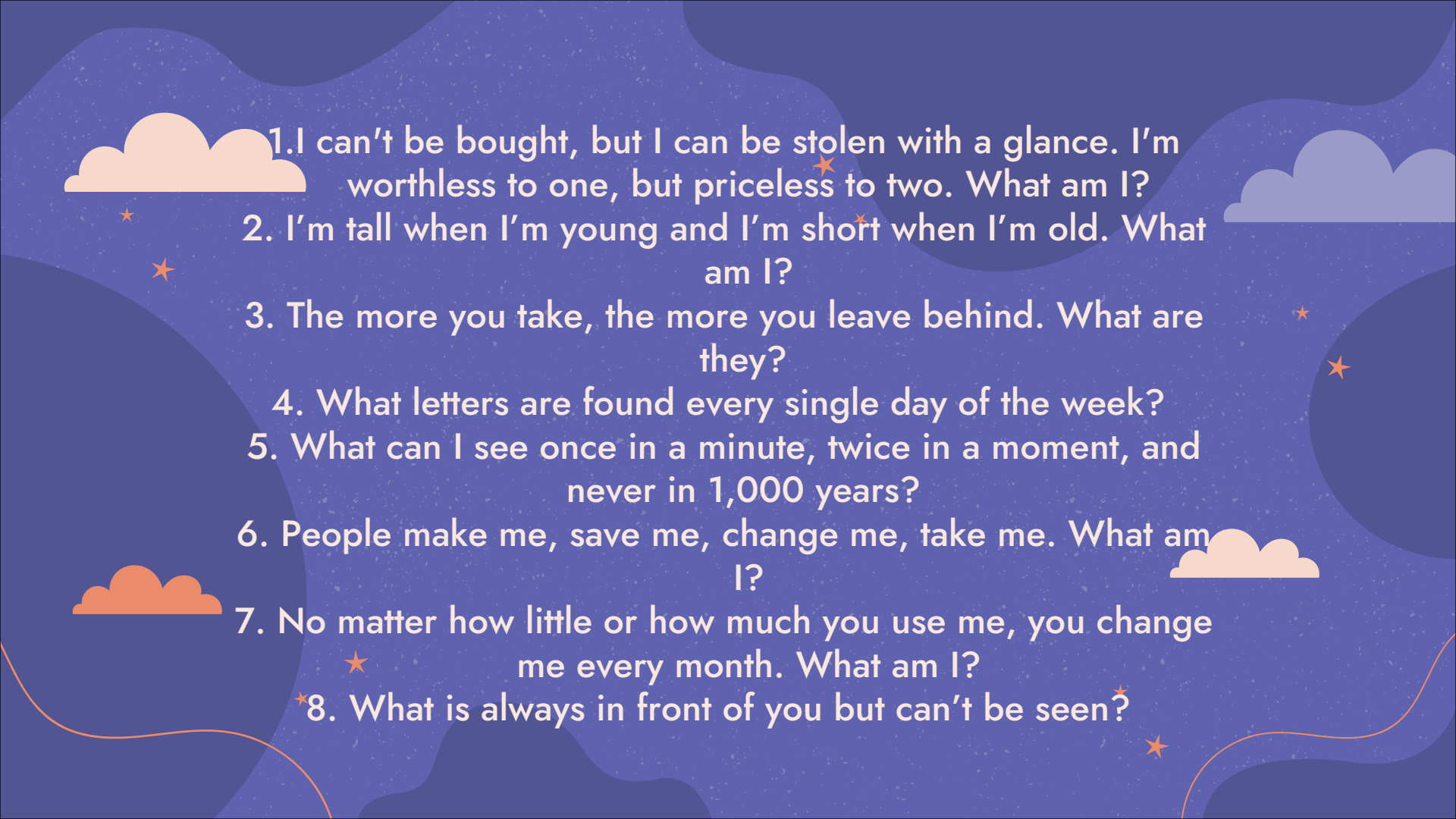
**Set Goals and Work  
Towards Them**

**Engage in Cognitive  
Training**

**Practice self-affirmations**

**Learn New Skills**

**Spend Time in Nature**

- 
1. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
  2. I'm tall when I'm young and I'm short when I'm old. What am I?
  3. The more you take, the more you leave behind. What are they?
  4. What letters are found every single day of the week?
  5. What can I see once in a minute, twice in a moment, and never in 1,000 years?
  6. People make me, save me, change me, take me. What am I?
  7. No matter how little or how much you use me, you change me every month. What am I?
  8. What is always in front of you but can't be seen?



“Too bright, I’m so flashy  
Different? No, I’m unique  
That’s right, I’m so classy  
Nobody can stop me”

COMFLEX, STRAY KIDS



Practice

Practice

Practice





**Practice Empathy**

**Make Time for Social Connection**

**Join a Club or Group**

**Volunteer in Your Community**

**Express Appreciation to Others**

**Limit Social Media Use**



Practice

Practice

Practice



You attract the  
energy that you give off.  
Spread good vibes. Think  
positively. Enjoy life.

8-IMAGES . BLOGSPOT





# Keys to mental and emotional health



## Healthy meals

It's the closest planet to the Sun



## Stress reduction

Jupiter is the biggest planet of them all



## Physical activity

It's the farthest planet from the Sun



## Social support

It's composed of hydrogen and helium



# Subjects to study for unity

## Mental Health

Jupiter is the biggest planet of them all



## Physical

It's composed of hydrogen and helium



## Prevention

It's the farthest planet from the Sun

Unit 1

Unit 2

Unit 3

Unit 4

Unit 5



## Nutrition

It's now considered a dwarf planet

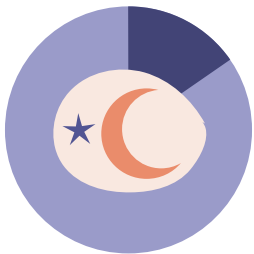


## Substances

Saturn is a gas giant and has several rings



# Growth and development

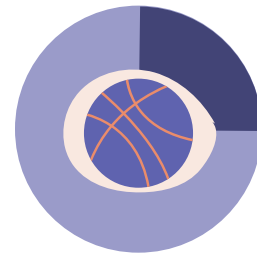
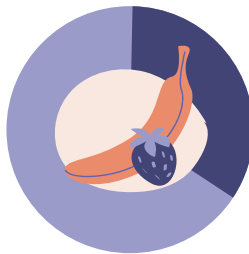


**10%  
Rest**

It's composed of  
hydrogen and helium

**30%  
Nutrition**

Jupiter is the biggest  
planet of them all



**25%  
Activity**

It's the farthest planet  
from the Sun

# Our educational centers

- **Health clinic**

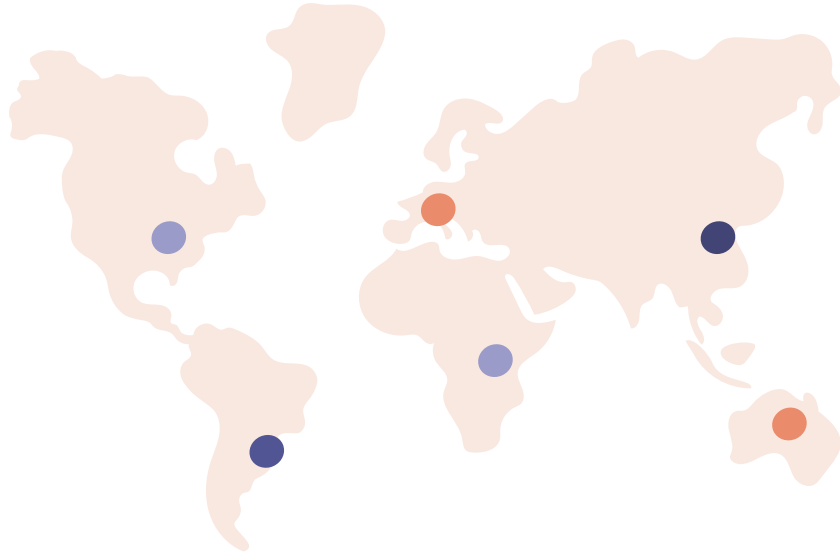
Venus has a beautiful name

- **Wellness clinic**

Mars is actually a cold place

- **Educational centers**

It's the closest planet to the Sun





**A picture is  
worth a  
thousand words**

# Nutrition and physical activity

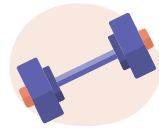
## Variety

It's the closest planet to the Sun and the smallest one of them all



## Balancing

It's a beautiful name and is the second planet from the Sun



## Food

It's a gas giant and the biggest planet in the Solar System



## options

## Portion

It's also the fourth-largest object by diameter in the Solar System

## Food

It's the third planet from the Sun and the only one that harbors life

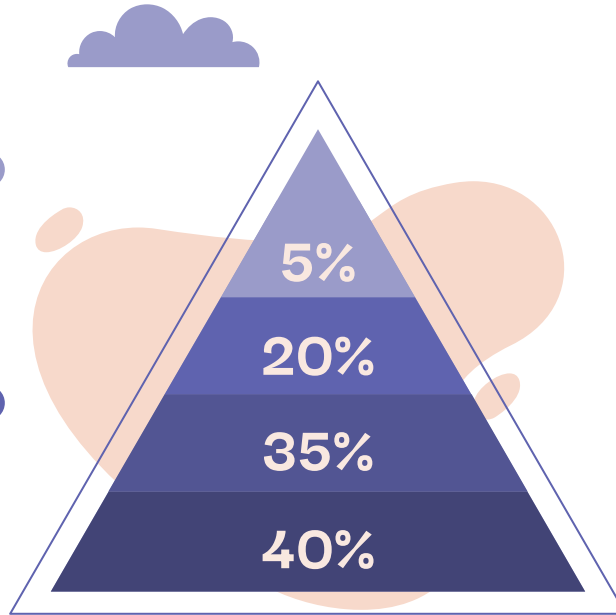
## Limiting

Mars is actually a cold place. It's full of iron oxide dust



# Nutrition pyramid

- **Fat oils**  
Venus has a beautiful name
- **Meat**  
Mars is actually a cold place



- **Vegetables**  
It's the closest planet to the Sun
- **Cereals**  
Earth is the third planet from the Sun

# Developing our strengths

List your strengths in each area and identify how to continue developing and maintaining those strengths

Area	Description	Action
Emotional	It has a beautiful name	The Moon is a satellite
Physical	It's actually a cold place	It's full of iron oxide dust
Mental	Earth is the third planet	Saturn is a gas giant
Social	It's the farthest planet	Pluto is a dwarf planet



# Activity

Fill the circle according to your answer on the aspects of mental, social, emotional and physical health

## Mental



☒ ☐  
☐ ☐  
☐ ☐

1. Mars is actually a cold place
2. It's the closest planet to the Sun
3. Venus has a beautiful name

## Physical



☐ ☐  
☐ ☐  
☐ ☐

1. Jupiter is the biggest planet
2. Earth is the third planet
3. It's the smallest in the Solar System

## Social



☐ ☐  
☐ ☐  
☐ ☐

1. Saturn is a gas giant
2. It's the farthest planet
3. It was named after a god

## Emotional



☐ ☐  
☐ ☐  
☐ ☐

1. It's full of iron oxide dust
2. It's now considered a dwarf planet
3. It's located in the asteroid belt

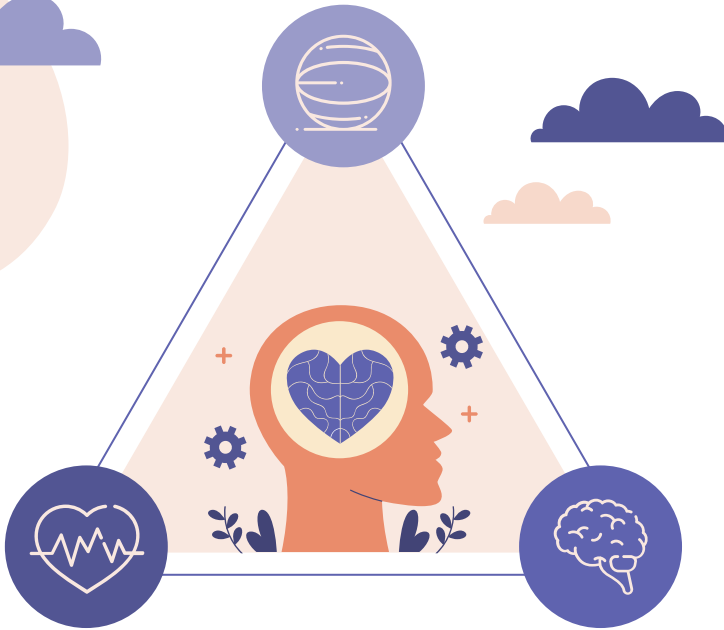
04

# Family & Social Health

You can enter a subtitle here  
if you need it



# Family and social health



- **Physical**

Despite being red, Mars is actually a cold place

- **Emotional &**

- **Mental**

Mercury is the smallest planet in the Solar System

- **Social**

Venus has a beautiful name, but also high temperatures

# The importance of health and wellness

Do you know what helps you make your point clear?

Lists like this one:

1. They're simple
2. You can organize your ideas clearly
3. You'll never forget to buy milk!

And the most important thing: the audience won't miss the point of your presentation



# Tobacco, alcohol and drugs



## Tobacco

Jupiter is the biggest planet of them all



## Drugs

Saturn is composed of hydrogen and helium



## Alcohol

It's the farthest planet from the Sun

# 9h 55m 23s

Venus has a beautiful name and is the second planet from the Sun

# 333,000.000

It's the fourth-largest object by diameter in the Solar System

# 386,000 km

This is the distance between Earth and the Moon





# Disadvantages of using substances



## Addiction

Mars is actually a cold place



## Breathing

It's now considered a dwarf planet



## Infections

It's the closest planet to the Sun



## Heart

It's also the fourth-largest object



## Mental

Earth is the third planet from the Sun



## Bad

Venus is the second planet from the Sun

attack

health

habits

# Diseases and disorders



## Lack of

Energy  
It's a gas giant and has several rings



## Sleep

disorder  
Jupiter is the largest planet of them all



## Anxiety

Mercury is the smallest of them all



## Irritability

Neptune is very far away from Earth

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You can replace the image on the screen with your own work. Just right-click on it and select "Replace image"





# Mobile web

You can replace the image on the screen with your own work. Just right-click on it and select "Replace image"

# Our team



**Susan**

**Bones**

You can talk a bit  
about this person here



**Jenna**

**Doe**

You can talk a bit  
about this person here



**Timmy**

**Jimmy**

You can talk a bit  
about this person here



# Thanks!

Do you have any questions?

[youremail@freepik.com](mailto:youremail@freepik.com)

+91 620 421 838

[yourcompany.com](http://yourcompany.com)



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# Alternative resources



# Alternative resources

Here's an assortment of alternative resources whose style fits that of this template:

## Vectors

- [Hand drawn mental health I](#)
- [Flat mental health instagram I](#)
- [People dancing I](#)
- [Flat mental health instagram stories I](#)
- [Flat world health day illustration](#)
- [Mental health landing page](#)
- [Flat mental health instagram stories II](#)
- [Eating Disorders Action Day](#)
- [Different mental disorders](#)
- [Low self-esteem illustration I](#)
- [Hand drawn people relaxing at the park I](#)
- [Open air activities illustration](#)
- [People with mental health problems](#)



# Resources

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Get them for free at our other websites:

## Photos

- [Group friends spending time together outdoors in the city](#)
- [Two female friends spending time together outdoors](#)

## Vectors

- [Organic flat people meditating peacefully](#)
- [Organic flat world eating disorders action day](#)
- [People standing and eating fast food](#)
- [Quit smoking landing page](#)
- [Medical cannabis drug landing page](#)
- [Low self-esteem illustration II](#)
- [Young people illustration](#)
- [Flat mental health facebook post](#)
- [Hand drawn visit to the psychologist](#)

# Resources

Did you like the resources on this template?  
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## Vectors

- [Hand drawn mental health II](#)
- [Hand drawn international beer day](#)
- [Flat person sleeping in bed](#)
- [Flat mental health instagram II](#)
- [Flat design fitness tracker](#)
- [People dancing II](#)
- [Group of young people](#)

- [Hand drawn people relaxing at the park II](#)
- [Hand drawn people relaxing at the park III](#)
- [Hand drawn mindfulness concept with characters](#)

## Icons

- [Health Icon](#)
- [Nutrition Icon](#)
- [Gym Icon](#)
- [Drugs Icon](#)

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#f9e8e0

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#ea8c6b

#dd7b59

#9a9bc9

#5f63af

#525593

#424476

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Create your Story with our illustrated concepts. Choose the style you like the most, edit its colors, pick the background and layers you want to show and bring them to life with the animator panel! It will boost your presentation. Check out [How it Works](#).



Pana



Amico



Bro



Rafiki



Cuate

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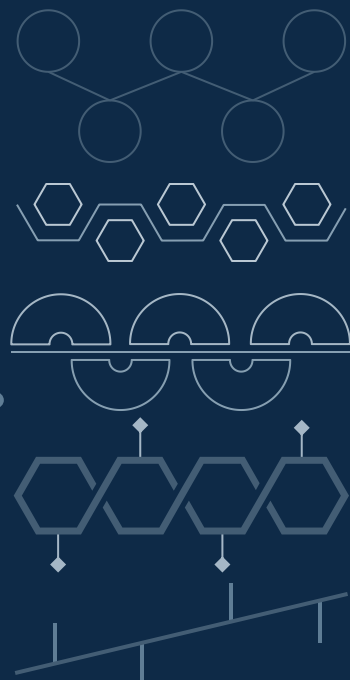
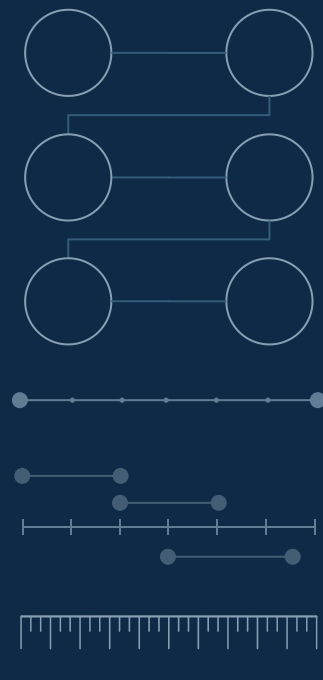
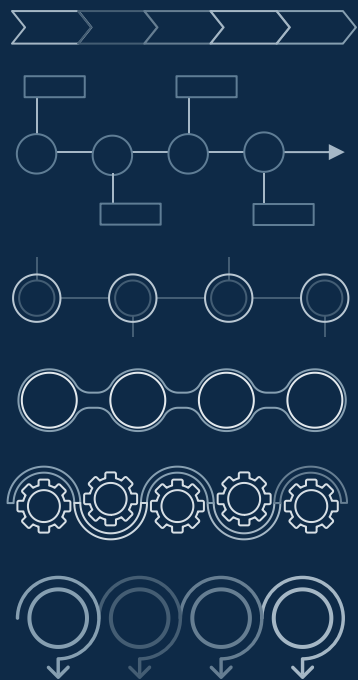
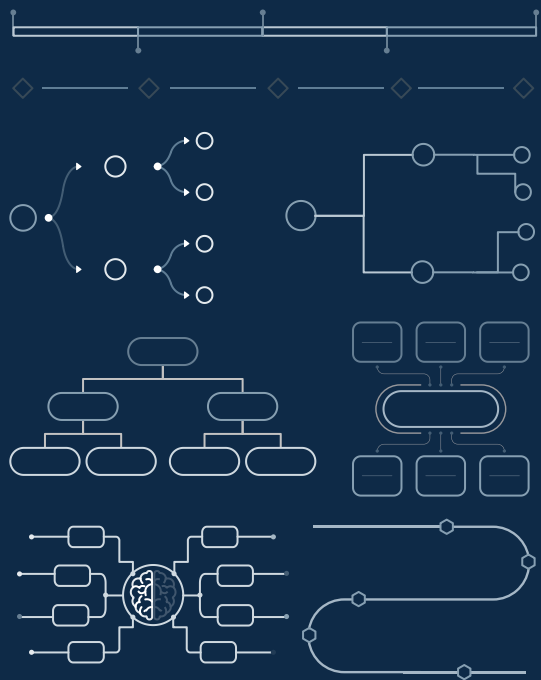
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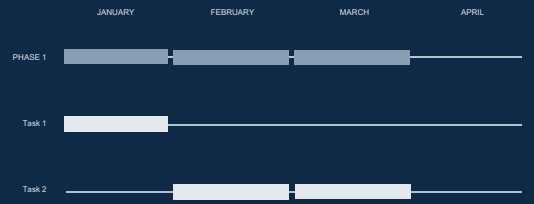
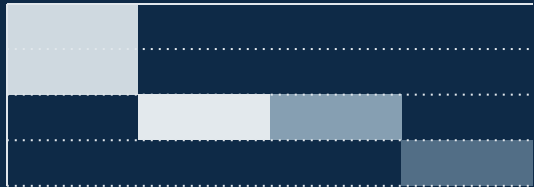
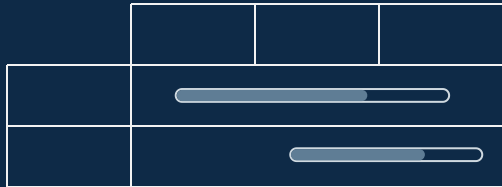
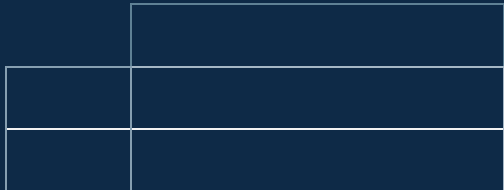
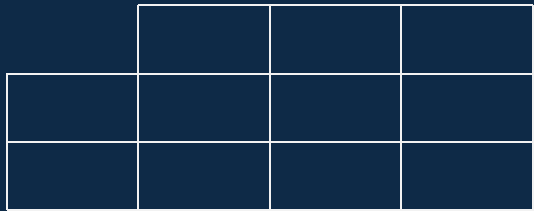
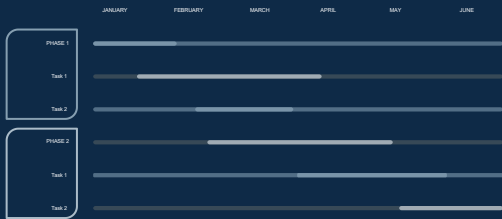
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