WAYS TO IMPROVE MENTAL HEALTH

Nowadays, many people have mental health problems. A lack of sleep can have a negative impact on our lives. The pandemic is another major reason behind people being unhappy and stressed.

A lot of people have lost their jobs, so they are having difficulty making ends meet.

According to a report released by the World Health Organization, poor mental health may weaken the immune system. Therefore, people will get sick easily.

There are two ways to improve our mental health. We need to have a good night's sleep, and we should exercise daily.

Chong Tsz-lam,
SKH Kei Hau Secondary School