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Mental Health: Global Properties

Isn't it time that people began to focus on their mental health? Our emotional, psychological, and social health are all parts of our mental health. It affects our emotions. Additionally, it influences how we deal with stress. Furthermore, mental health is important at every stage of life. The text that follows will go deeper into these ideas.

First of all, it has an impact on our moods, emotions. Two different kinds of emotions can have an impact on a person: positive feelings, like happiness. Additionally negative feelings, such as hatred and grief. Mental health helps you control your emotions either to be positive or negative. The text that follows will go to the next idea.

Furthermore, it affects how we deal with stress. There is no mistake that teenagers are very busy. Teenagers frequently experience high levels of stress because of their involvement with sports, school, jobs, homework, and other activities. Teenagers generally feel anxiety and sadness as a result of the pressure placed on them. The text that follows will go to the next idea.

Last, mental health is important in day-to-day life. Because it enables connection with others and social integration, mental health is important. People with poor mental health are always anxious and depressed. For certain people, making friends is difficult; for you, it may be simple, depending on your mental health. We will mention the conclusion paragraph.

In conclusion, metal health is useful in many ways one of those is affecting on our emotions, and how we deal with stress. Furthermore, it is important in every day in our lives. Please take care of our lives.