**Zeyad Bassam Saleh Farag Ahmed Sokar 6-O**

Mental Health Must Be a Priority.

*Do you think Mental Health must be a priority?* *yes, I do*, Mental health must be a priority in every single country in the world, it should be a priority Health, Physical, and Social. My ideas in the text below should make you agree with me that Mental health must be a priority.

The first step of having a better mental health is taking care of your health, eating healthy, choosing healthy diets, being happy etc. These are all effective ways to make your mental health better.

Second is Physical. Physical activities affect a person in many ways, for example, Exercising, meditating, playing a Sport, etc. one of the most effective benefits of Physical activities is that it removes stress and anxiety in a person’s brain.

Third and last step is being Social. Building relationships makes a person feel safe and supported by people around him. Being social also makes a person unafraid of public speaking or speaking to other people. Being unable to speak to others may cause depression.

In conclusion, Mental health must be a priority. And as I Mentioned, it should be a priority in Health, Physical, and Social. And if you have mental health problems, then you must get it recovered as soon as possible.