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**Making mental health a global priority**

Have you ever wondered how will the world be without mental health day? It would be **dreadful.** To start with communication, it will help us threw out our life. Secondly it will definetly reduce our stress, lastly you will probably go outside a lot of times. We will explain these reasons throughout the depth of these paragraphs.

First of all it will help us with our communication with other people. To start with you will be able to express yourself with other people. Secondly you can give your thoughts without fear. Lastly it will help you to face you fear about public speaking. To end with it is really important.

Secondly it reduces stress, firstly it will help us build up our confidence. In addition we will relax and be cool. Lastly we will be less hot tempered and help us with anger issues. In conclusion a person without stress is perfect.

Thirdly we will indeed be outside the whole day, firstly we will do a bunch of exercise. Furthermore going outside is really good for your eyes and could help you with your view. Lastly when you go outside you will meet a lot of people and you can make friendships. It is really good to go outside.

As a result making mental health a global priority is important.it will help you with you communications, reduce stress and you will go outside. All in all it would be silly not to make mental health a global priority.