

# Build Mental Wealth

Connect

Be Active

Give

Keep Learning

Take Notice



**M**ental **WEALTH** is based on five things:

- ❶ The quality of our home, school, workplace, and neighbourhood environments
- ❷ The experiences we have and what we learn throughout our lives
- ❸ Our attitudes, beliefs, and values
- ❹ Our biological make-up (genetic endowment and gene expression)
- ❺ The efforts we make to build our mental wealth

**I**nvest time and effort to build your mental wealth.

You'll be glad you did.

So will your family.

So will your friends.

So will your community!

