

**SVJETSKI
DAN
MENTALNOG
ZDRAVLJA**
10.LISTOPAD



A group of five young people (three women and two men) are lying on their backs on a light-colored surface, looking up at the camera. They are all smiling broadly and giving thumbs up with their right hands. The person at the top left is a woman with long brown hair, wearing a grey t-shirt and a white wristband. The person at the top right is a man with curly brown hair, wearing a grey t-shirt. The person in the middle left is a woman with long brown hair, wearing a grey t-shirt and a beaded necklace. The person at the bottom left is a man with short brown hair, wearing a black and grey striped t-shirt. The person at the bottom right is a woman with long brown hair, wearing a blue t-shirt and a blue patterned scarf. The text "STOP USAMLJENOSTI" is overlaid in the center of the image.

STOP USAMLJENOSTI



Hakiraj svoje slobodno vrijeme (izvan ekrana)

Pronađi "svoje ljude" kroz hobije



Zaustavi "uspoređivanje" na tiktoku i snapchatu i poveži se direktno



Volontiranje



Gejmanje i online zajednice s mjerom



Ideje za povezivanje s drugima

Pozovi prijatelja van.

Zauzmi se i obrani
prijatelja ako ga
drugi gnjave.

Budi ljubazan prema
svima u razredu.

Pozovi u društvo drugoga
ako vidiš da je sam.



Prihvati male neugodnosti



Ponekad će
razgovor biti
bezveze ili
čudan, i to je
skroz u redu.

Socijalne
vještine su kao
mišić – što ih
više koristiš, to
postaju jače .

