

Ladies and gentlemen,

Today, I want to talk about something that affects us all but is often swept under the rug: mental health. Imagine your mind is like a smartphone. Just like your phone needs regular updates and a full battery to function well, our mind needs care and attention to stay healthy.

We've all had those days when we're overwhelmed, anxious, or down. It's like when your phone starts acting up because too many apps are running in the background. The solution? We need to close those apps and give our mind some breathing room.

It's okay to feel stressed or sad sometimes. What matters is recognizing when we need help, just like we'd ask for a charger if our phone was dying. Talking to friends, family, or professionals can recharge our mental batteries and help us operate at our best.

Let's start by being kind to ourselves and to each other--because just like every phone needs a good case to prevent damage, we all need support to keep our minds healthy. Remember, your mental health matters as much as any other part of you.

Thank you.