

# HOW TO STAY SANE In A Crazy World

**Optimum Mental Health**

**Give Back**

**Be Who You Really Are**

**Find And Join Your Tribe**

**Eat Vegetables - Drink Water - Sleep Well**

[www.brainhealtheducation.com.au](http://www.brainhealtheducation.com.au)



A Maryborough Sunrise  
Youth Support Initiative