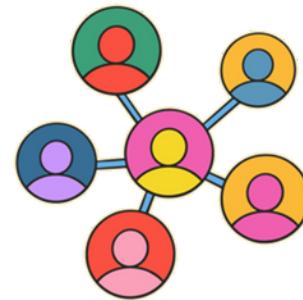
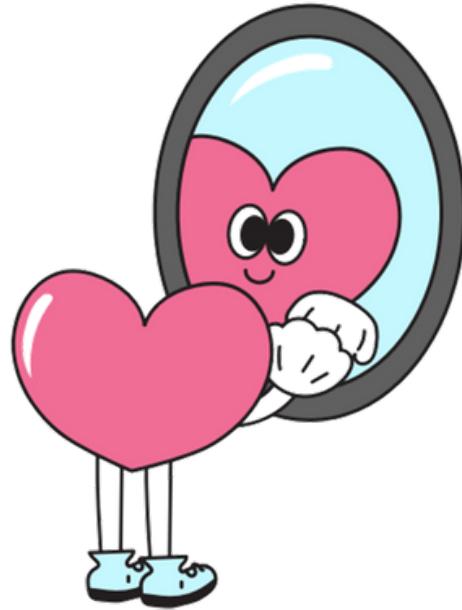


Learn

Learning might feel difficult sometimes but it can be good for our mental health for lots of different reasons:



Learning with others means we can **Connect with others** which can help create bonds and reduce loneliness.

Increase Self Esteem

We can feel a sense of pride and accomplishment when we achieve our goals and learn something new. Dopamine is released when we learn new things which helps us stay motivated.



Brain Power

New pathways are created in our brains which help them stay young healthy. Learning - if pitched at the right level - can also reduce stress.