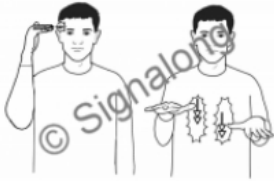


MENTAL HEALTH

As in: MENTAL HEALTH

Working bent hand (palm in, pointing up) fingertips tap side of forehead twice; then open hands (palms down, pointing forward); thumbs brush down chest alternately several times.

Sign Images



SAD

As in: SAD / MISERABLE / UNHAPPY

Index hands (palms back, pointing in/up) at sides of lips make a short downward movement.

Sign Images



NERVOUS

As in: NERVOUS / ANXIOUS

Working clawed hand (palm back, pointing in) makes inward circle against the chest. Use appropriate facial expression.

Sign Images



WORRY

As in: WORRY TO / TO MIND

Index hands (palms back, pointing up) at either side of forehead, make short alternate movements backwards and forwards.

Sign Images



HAPPY

As in: HAPPY / GLAD

Working cupped hand strikes twice across supporting palm moving towards heel of hand.

Sign Images



CALM

As in: CALM to be

"O" hands (palms forward, pointing up) are held in front of body with "O"s touching; hands move slowly down and apart.

Sign Images



RELAX

As in: RELAX TO

Flat hands (palms down, pointing in) tips of extended thumbs against either side of chest; hands move forward turning to palms up, pointing forward.

Sign Images



BREATHE

As in: BREATHE TO

Working open hand (palm back, pointing in) against chest makes small movement forwards. Repeat.

Sign Images



Your Sign

HEALTHY

As in: HEALTHY

Open hands (palms down, pointing forward/in); thumbs brush down chest alternately several times.

Sign Images



MEDITATE

As in: MEDITATE

Working index hand points to side of temple; then index hand moves slowly forwards.

HELP

As in: HELP TO

Blade of working fist rests on supporting palm; formation moves up/forwards. "Help Me"; move formation up/back. Directional sign.

Your Sign

EXERCISE

As in: EXERCISE TO

Thumb hands (palms back, pointing in) against chest move firmly forwards. Repeat.