# 大学生心理健康英语作文

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*How to improve student\'s mental health Nowadays,it is widely acknowledged that mental health plays an important role i...*

　　How to improve student\'s mental health Nowadays,it is widely acknowledged that mental health plays an important role in people\'s life.Along with the increasingly fierce social competition,there is no doubt that mental problems have been the heated issue which is related to people\'s day-to-day life.In addition,there is a widespread concern over the case of sucide of universities students so that people come to realize that the impotance should be attached to mental health by everyone,especially the universities students.

　　It goes without saying how to improve students mental health becomes the top of agenda for schoos,such as univeristies or colleges.First of all, counter-measures should be taken immediately so as to make universities students have the good state of mind.Besides,widespread education campain should be lauched to make students gain the abilities to confront difficulties.For instance, revelant coures and activities should be intoduced to students so that universities students may maintain and improve mental health.To the important of all,there should be psychological counseling hotline or office,even an online service for stidents turn to when they need psychological aid. As for universities students ourselves,we should take the right attitude towards the pressure from our growth. on the one hand ,no matter suffering from what difficuties,we should keep optimistic attitude and bravely face ups and downs in terms of our work and study.On the other hand,If we have some pains and puzzles,finding friends to express these to release our stress.Only in this way ,can we have the good state of our mind.

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