

- TIPS FOR - MENTAL HEALTH

DAILY MOVEMENT

Physical activity is extremely important for a positive mindset and lifestyle. Create a routine to stick to, involving exercise routines, runs, or other activities such as yoga. Get creative and get moving!



SOCIALIZE

We are social beings, and we need to connect with others to fulfill these needs. Call or reach out to a loved one and set aside this time to intentionally catch-up. If able, make efforts to visit loved ones in person, opting to go on a walk or grab lunch.



REFLECT

Mental health contains key elements of being able to reflect, meditate, and know your thoughts. Get connected by practicing gratitude and self-affirmations, consistently taking time to write these thoughts down.



STAY NOURISHED

Nourishment comes in a variety of forms, all referring to your consumption. Consume healthy foods, lots of water, and books to continuously feed your mind - all having positive impact well-being.



DO WHAT YOU LOVE

Take time to enjoy doing something you love and are good at! The feelings experienced from delving into a hobby and doing it well are great for your self-esteem and embodiment of your self-identity.



GET GOOD SLEEP

Sleep is crucial for wellness and your ability to show up as your best self. Strive for 8 hours each night, prioritizing and planning these hours. Healthy sleep aids in motivation, energy, and needed attributes such as patience and good-judgement.

