



10 Things you can do for your Mental Health

provided by the National Mental Health Association

1. **Value yourself.** Treat yourself with kindness and respect. Avoid self-criticism. Make time for things you enjoy doing (hobbies).
2. **Take care of your body.** Eat nutritious meals. Avoid smoking and vaping. Drink plenty of water. Exercise. Get enough sleep.
3. **Surround yourself with good people.** People with strong family or social connections are generally healthier than those who don't. Make plans with your support group.
4. **Give yourself.** Volunteer your time and energy to help others.
5. **Learn how to deal with stress.** Stress is part of life. Learn the coping skills that work for you and use them when you feel stressed.
6. **Quiet your mind.** Try meditating, using mindfulness or prayer to quiet your mind. These relaxation exercises help improve your state of mind.
7. **Set realistic goals.** Decide what you want to achieve and write a plan to help get there.
8. **Break up the monotony.** Routines are good, but a change of pace can perk you up.
9. **Avoid alcohol and other drugs.** Some people use these to self-medicate, but in reality, they only aggravate the problem.
10. **Get help when you need it.** Seeking help is a sign of strength – not weakness.