

MENTAL HEALTH

“Caring for Your Mind and Well Being”

PRACTICE SELF CARE

Take time each day to do activities that you enjoy and calm your mind, such as reading, taking a walk, or meditating. Self care helps reduce stress and improves mental well being.



STAY CONNECTED

Maintain relationships with family and friends. Talking to people you trust about your feelings and experiences can provide emotional support and reduce feelings of loneliness.

PRACTICE MINDFULNESS AND MEDITATION

Mindfulness and meditation techniques can help you stay focused on the present moment and reduce negative thoughts. Take a few minutes every day to meditate and pay attention to your breathing.



Mental Health Awareness Quick Start

Robert E. Rothenberg



Mental Health Awareness Quick Start:

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