



5 Mental Health Tips

focus on what you can do today

1

30 MINUTES OF PHYSICAL ACTIVITY DAILY

But smaller amounts of physical activity, as little as 10 to 15 minutes at a time, can improve anxiety and depression symptoms.

2

EAT HEALTHY FOODS

Focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids, such as salmon.

3

GET SOCIAL

Spending social time with others can improve mood and reduce risk of depression, anxiety and other mental health issues.

4

IMPROVE YOUR SLEEP HABITS

Have a regular routine before bedtime. Avoid caffeine and turn off all electronics one hour before retiring for the night.

5

PRACTICE MEDITATION

Practicing meditation daily has a calming effect on your mind and physical body. You will feel peaceful and relaxed.