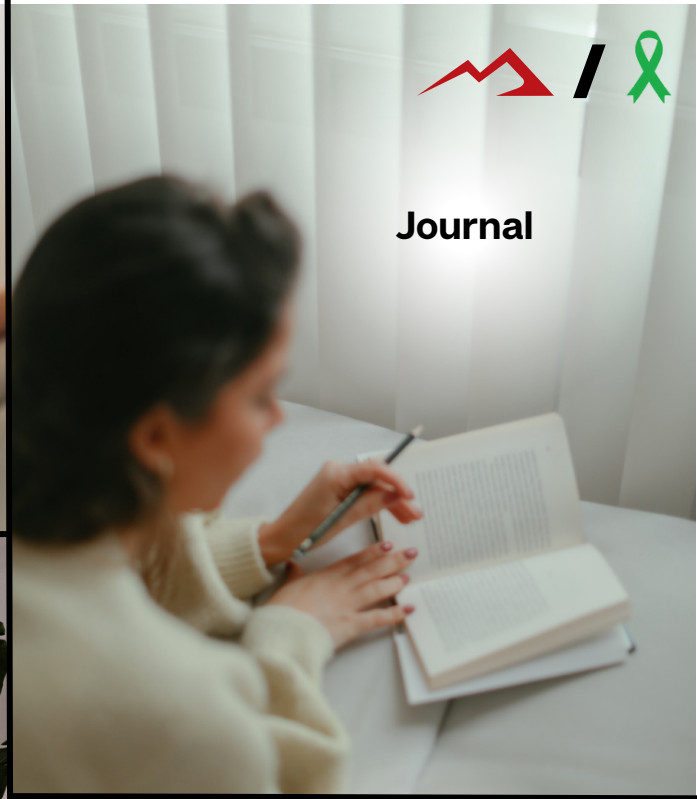


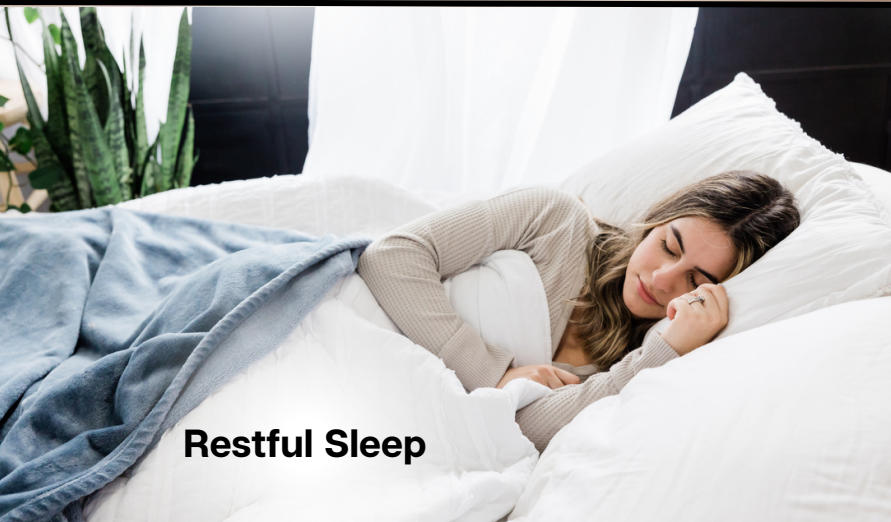
Mediation/Deep Breathing



Journal



Tidy Space



Restful Sleep



Mindfulness

PROACTIVE TIPS TO IMPROVE YOUR *Mental Health*

Meditation/ Deep Breathing

There are great relaxation exercises that help manage physical symptoms of daily stress. Guided relaxation is a great way to start your day.

Restful Sleep

Getting 8 hours of sleep and having a consistent sleep routine is monumental for your mental health. Set time aside to get ready for bed and put your electronics away.

Mindfulness

Take a brief moment to evaluate how you are feeling that day. Acknowledge how you feel and try reframing negative thoughts into positive thoughts.

WE ALL
HAVE
MENTAL
HEALTH.

Journal

Writing down how you feel is a great way to decompress. Each night take a few minutes to journal any worries or stressors you experienced after a long day.

Tidy Space

A neat space promotes calmness. Start small by cleaning a small area of your space. Be mindful throughout the day to pick up as you go to avoid clutter building up.

Physical to Mental

Physical health and mental health are directly linked. Be sure to fuel your body with healthy nutrients and hydrate regularly.

TAKE CARE
OF YOURS.

