

5 SUPER-SIMPLE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH



1 Get your SLEEP



A good night's rest helps lower stress, improves memory, boosts your mood, and wards off sickness.

Create a bedtime routine that makes it easy to doze off, and **aim for 7-9 hours of sleep a night.**

2 Watch your STRESS



Some daily stress is normal, but too much over time can raise your risk of serious health problems.

Find healthy ways to cope:

Exercise, spending time with friends, and cutting back on caffeine, sugar, and alcohol can all help.

3 Focus on your STRENGTHS



Take a few minutes every day to think about what you're good at.

Don't compare yourself to others or focus on past failures or mistakes — instead, look forward and appreciate the person you are.

4 Work up a SWEAT



A heart-pumping workout releases feel-good hormones called endorphins, so it helps both your body and your mind.

Find activities you like and **try to do 30 minutes or more each day.**

5 SQUEEZE IN happy moments



Make time every day for little things you enjoy. Play with your pet. Work on a hobby. Watch the sunset.

Do it even when you're tired. Even when you don't think you have time. **It's worth it.**



TALK TO someone

if you often feel down or not quite like yourself. **Reach out** to a trusted friend or relative, or talk to your doctor.

To find professional help near you, call **SAMHSA'S National Helpline:**

1-800-662-HELP (4357)

It's free, private, and open 24/7.

YOU DON'T HAVE TO HAVE A BIG PROBLEM TO NEED A LITTLE HELP.



Register today to learn more mental health tips

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Still need to sign up?

Go to myedlogics.com/towne/account/register and follow the instructions.