

Good Mental Health Tips



- 1 GET OUTSIDE!**
Get active! When you move and exercise, it releases those “feel good” endorphins into your body. Try running, biking, dancing, or yoga.
- 2 CONNECT**
Call up friends to chat, meet someone for coffee or a meal, or reconnect with someone you haven’t seen in a long time. Join some clubs like a book club, or sign up for a gym class. Spend time with the people you love
- 3 SUPPORT**
Have a good support system. Join a support group or have some close friends that you can talk to when you are feeling down or stressed. Talk and express yourself as much as possible.
- 4 ME TIME**
Take time for yourself. Go get a massage, get a pedicure, watch a movie, travel, garden —do things that make you happy. Take time for yourself if you are stressed. Don’t be afraid to ask for a break if you need it!
- 5 HELP OTHERS**
Do something nice for someone. The act of doing something for someone else, giving back, or volunteering helps with your positive well-being.
- 6 LIFE CHOICES**
Reduce alcohol and avoid narcotic drugs.
- 7 SLOW DOWN**
Don’t rush things. Take it easy. Some things can wait. For the things that cannot wait, see if someone will help you.
- 8 EAT RIGHT**
Healthy nutrition: eat balanced, nutritious meals.
- 9 GO TO BED**
Get enough sleep! Rest helps you refresh, heal, and restore.
- 10 POSITIVITY**
Choose to look on the positive side of any situation. Smile — it’ll make you feel better.
- 11 AWARENESS**
Identify and be aware of what is triggering your stress levels and try to avoid them. Protect your emotional well-being.
- 12 HOBBIES**
Take up a new hobby or skill. Learning a new skill helps you stay focused and positive because you’re learning something new and exciting.

For additional tips, please visit www.thehealthline.ca