



Tip Sheet:

For Good Mental Health

Take care of yourself.

Get plenty of rest, eat right, exercise and see a doctor regularly.

Keep your mind active.

Try new activities or hobbies, read, and socialize with others regularly.

Know when to ask for help.

Ask for help when life seems overwhelming or difficult. Identify someone you would go to for help in the future.

Practice ways to reduce stress.

Identify what soothes and comforts you. Learn relaxation techniques. Spend time with supportive friends and family members.

Spend time with at least one friend in whom you can confide.

Obtain social support, care and concern from others. Love is an energizing and growth-producing force that is beneficial to your mental and physical health.

Nurture your soul.

Take time for spiritual practice, prayerful reflection, meditation or serene solitude. This can offer you ways to cope with life's challenges. Learn to forget the hurts, forgive the wrongs and to let go of elements of your past.

Take time to play.

It can enhance your ability to enjoy life and maintain a playful attitude. Laugh. Be creative. Have fun.

Identify and celebrate your successes.

Remind yourself of all the positive things in your life: friends, family, work, or volunteering to name a few.