

“

**MENTAL HEALTH PROBLEMS
DON'T DEFINE WHO YOU ARE.**

— They are something you experience. —

You walk in the rain, and you feel the rain,

**BUT YOU ARE
NOT THE RAIN.”**

-MATT HAIG

“

The most valuable thing
you might do today is

**MAKE SOMEONE ELSE
FEEL LIKE THEY
MATTER.”**

“

IN CASE NO ONE TOLD YOU TODAY:

You're needed.

You're alive for a reason.

You're stronger than you think.

You're gonna get through this.

I'm glad you're here.

DON'T GIVE UP!”

“

Small progress

IS STILL

PROGRESS.”

“

SELF-CARE ISN'T SELFISH.

You can't pour from an empty cup —

**TAKE CARE OF
YOURSELF FIRST.”**



TIP #1

Good Eats!

RESEARCH SHOWS THAT THE FOOD WE EAT IS A BIG PART OF YOUR MENTAL HEALTH.

Healthy foods like fruits, vegetables and whole grains give us the nutrients needed to work your best.

Source: Mental Illness. National Institute of Mental Health. nimh.nih.gov

TIP #2

Let's Move!



EXERCISE IS GOOD FOR YOUR BODY.

But did you know it's also good for your mental health? Just 30 minutes a day, 3-4 times a week, can make a positive impact.

Source: Mental Illness. National Institute of Mental Health. nimh.nih.gov

TIP #3

Good Nite!



SLEEP HAS A HUGE EFFECT ON YOUR MENTAL HEALTH.

When we get enough sleep, it's easier to cope with stress, handle problems, concentrate, think positively and remember things.

It's easy to think that we can get more done if we cut back on sleep. But it's harder to get things done when we don't get enough sleep.

Source: Mental Illness. National Institute of Mental Health. [nimh.nih.gov](https://www.nimh.nih.gov)



TIP #4

Chillax!

WHEN WE RELAX, IT'S EASIER TO RECOGNIZE PROBLEMS AND FIND SOLUTIONS.

It's easier to manage difficult feelings, and to see the good side of things. It's easier to focus on what is happening now instead of worrying about the past or future.

Relax by:

- Doing yoga
- Meditating
- Creating art
- Reading
- Playing with pets
- Journaling
- Exercising
- Spending time in nature
- Practicing breathing exercises

Source: Mental Illness. National Institute of Mental Health. nimh.nih.gov



TIP #5

Know the Signs

THESE SIGNS INDICATE THAT YOU COULD BENEFIT FROM EMOTIONAL HEALTH SUPPORT.

Changes in eating or sleep habits:

A notable increase or decrease in appetite and disrupted sleep patterns can be red flags

Unexplained physical ailments:

These can include headaches, upset stomach and general aches and pains

Chronic fatigue and a lack of energy:

Everyone gets run-down, but it's not normal to feel that way for weeks or months

Shunning social activity:

Personal connections are crucial to good mental health, even if visits are virtual

Growing stress caused by daily activities:

This can take many forms, from an inability to cope with problems to simply feeling overwhelmed

Substance use:

Overdrinking or using drugs is a common sign of more serious underlying issues

Source: Mental Illness. National Institute of Mental Health. [nimh.nih.gov](https://www.nimh.nih.gov)



TIP #6

Check in!

WAYS TO MANAGE STRESS AND ANXIETY.

Practice Daily Self-Care

Practice mindfulness and deep breathing exercises or keep a gratitude journal.

Know It's Okay To Get Help

Currently, there is more awareness, dialogue and openness to seeking mental health support.

Don't be afraid to get more support if things get too tough to manage on your own.

Find Ways To Create Joy in Your Day

Learn a new hobby, read the book you've been putting off or connect with friends and family.

Check in with Yourself

Recognize when you need to step away from work or other obligations.

Source: Mental Illness. National Institute of Mental Health. [nimh.nih.gov](https://www.nimh.nih.gov)



Did you
Know?

1 IN 5 ADULTS
in the U.S. experiences a
mental health condition.

**LESS THAN HALF
GET TREATMENT.**

Source: Mental Illness. National Institute of Mental Health. nimh.nih.gov

“

VULNERABILITY

sounds like truth
and feels like courage.

Truth and courage
aren't always comfortable,
**BUT THEY'RE
NEVER WEAKNESS.”**

- BRENÉ BROWN

“

IT'S OK

TO NOT BE OK.”

“

You don't
have to see the
whole staircase,
**JUST TAKE THE
FIRST STEP.**”

- MARTIN LUTHER KING JR.

“

SEEKING HELP

— is a sign of —

**STRENGTH,
NOT A WEAKNESS.”**

“

Just because no one else
can heal or do your inner work for you

DOESN'T MEAN

**YOU CAN, SHOULD OR NEED
TO DO IT ALONE.”**

- LISA OLIVERA

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National Helplines

National Suicide Prevention Lifeline: 988 (call, text or chat)
National Sexual Assault Hotline: 800-656-HOPE (4673)
National Substance Abuse & Mental Health Services Administration Helpline: 800-662-HELP (4357)
National Parent Helpline: 855-4-A-PARENT (427-2736)
National Crisis Text Line: Text HOME to 741741
Veterans Crisis Line: 800-273-8255, Opt. 1 Text: 838255



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