



ACTION STEPS FOR WELLNESS

Mental health matters



Emotions play a role in overall health. Everybody has bad days. Too many in a row can affect your well-being.

Exercise. It releases powerful chemicals that lift your mood.

Sleep well. Seven to eight hours a night enhance memory, learning ability, and mood.



Eat well. Good nutrition affects your energy level and your mood.

Let the sun shine in. Sun exposure of ten to 15 minutes a day warms your spirit. It helps the body absorb calcium for strong teeth and bones.

Express yourself. Do things you enjoy. Draw, write, or play an instrument.



Balance work and personal life. All work and no play is no fun for you or people around you.

Reach out. Share your feelings with friends and family. Build a support network. Help others. Seek help if your emotions are disrupting your life.

Action Steps: Feel like screaming? Count to ten slowly to calm yourself and avoid saying or doing something you might regret.