



## 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.