



Mental Health: A Vital Asset

Your mental & emotional health are essential for overall health & well-being.

It affects your thoughts, feelings and actions. Take steps to build and maintain positive mental health to help overcome challenges and manage stress so you can focus on what matters most to you.



Take care. Eat healthy and exercise regularly.

Get enough sleep. Aim for 7-9 hours per day.

Relax. Do enjoyable activities regularly.

Connect with others. Share experiences with friends, strengthen your relationships and join a support group if needed.

Stay positive. Find the silver lining in negative situations, practice gratitude and learn to change negative self-talk.

Help others. This includes family and friends, or volunteer for a cause.