

ON THE ROAD TO

Better Mental Health

Reduce stress and anxiety in your life.

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DO SOMETHING CREATIVE

For instance, sign up for an art class at a local community center. Creative outlets like this are good ways to channel any negative emotions.

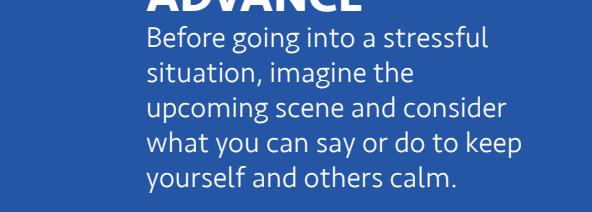


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4 ► PREPARE IN ADVANCE

Before going into a stressful situation, imagine the upcoming scene and consider what you can say or do to keep yourself and others calm.



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► TAKE A TIME OUT

When things get stressful, step away from the situation. Take a brisk walk around the block or sit quietly in a place for a few minutes.



3

► GET OUTSIDE

Go for nature walks at a nearby park at least once a week. This helps clear your mind and find emotional balance.

Why should we stay mentally fit?

Mental health affects how you think, feel and act. It affects how you handle stress and relate to others. It impacts your decision-making, including the day-to-day and long-term choices you make.