



MENTAL HEALTH IS HEALTH

Although our minds and bodies are often viewed as separate, they are actually interconnected. Physical health, like **getting enough sleep**, **eating balanced meals**, and **staying active**, plays a large role in your mental well-being and vice versa.

People with physical health conditions are more likely to develop mental health conditions. In turn, a good mental state can keep you healthy and **help prevent serious health conditions**. If you want to improve your overall well-being, you should take care of both your physical and mental health.

Here are a few ways to take care of your mental and physical health:

- 1 GET REGULAR EXERCISE**
Exercise keeps you physically fit, and it can help **improve your mood**. This means just getting up from your desk for a 10-minute walk can help **increase your mental alertness**, leaving you energetic and in a good mood.
- 2 EAT A PROPER DIET**
A diet high in **fruits and vegetables** and low in processed sugars or fats can **make you feel better** physically and mentally.
- 3 AVOID ALCOHOL AND DRUGS**
Drinking and smoking may make you feel better in the short term, but they can **have a negative effect** on your physical and mental health.
- 4 GET ENOUGH SLEEP**
Mental health conditions can lead to sleep problems and sleep problems can **make mental health conditions worse**. Be sure you are getting enough sleep. Adults need anywhere from **seven to nine hours** of uninterrupted sleep each night.
- 5 TRY RELAXATION TECHNIQUES**
Meditation, deep breathing, and **focusing your thoughts** can help when you are feeling stressed.
- 6 DEVELOP GOOD MENTAL PRACTICES**
Try to focus on **positive emotions and events** rather than negative ones.
- 7 SEEK HELP FROM OTHERS**
Talking with friends or family members can help you feel **less stressed**. Getting others to help with difficult situations can also **reduce the burden** you feel.

For more local mental health information and resources, scan here:

