



SIMPLE WAYS TO SUPPORT YOUR MENTAL HEALTH

Thank You :)

May is Mental Health Awareness Month, a perfect time to pause and prioritize your well-being. As we transition from the freshness of spring into the long, hot days of summer, it's easy to let your mental health become an afterthought. Use the tips below to stay mindful and keep your mental wellness front and center.

Sources:

¹[CDC.Gov/Healthy-Weight-Growth/Physical-Activity/Getting-Started](https://www.cdc.gov/healthy-weight-growth/physical-activity/getting-started)

²[MayoClinic.org/Healthy-Lifestyle/Fitness/In-Depth/Fitness/Art-20048269](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269)

³[Heart.org/EN/Healthy-Living/Fitness/Getting-Active/Getting-Started--Tips-For-Long-Term-Exercise-Success](https://www.heart.org/EN/Healthy-Living/Fitness/Getting-Active/Getting-Started--Tips-For-Long-Term-Exercise-Success)

→ TAKE CARE OF YOUR BODY

Your mind and body work best together. Caring for both can help you stay energized and motivated throughout the day.

- Aim for 30 minutes of movement each day to lift your mood and support your health¹
- Prioritize rest and limit device usage before bed, as blue light from screens can make it harder to sleep
- Stay hydrated and choose balanced meals to keep your body and mind fueled

→ PRACTICE GRATITUDE

Taking time to appreciate the good things in life can brighten your outlook and boost positivity.

- Write down a few things you're grateful for or reflect on them in your head²
- Tell someone you appreciate them³

→ TRY NEW THINGS

Changing your normal routine can refresh your perspective and spark joy.

- Pick up a stress-free hobby you've been meaning to try, such as gardening, baking or knitting
- Choose a different route to walk or drive²

→ STAY CONNECTED

By surrounding yourself with good people, you can create a support system that helps lift your spirit.

- Spend quality time with a friend or family member
- Don't be afraid to reevaluate relationships that may not support your mental health

→ PRACTICE RELAXATION

Sometimes, all it takes is a quiet moment to reconnect and invite peace back into your day.

- Explore wellness or mindfulness apps that encourage breathing exercises and muscle relaxation¹
- Stretching, meditating or practicing yoga can positively impact your mental and emotional well-being²

→ SEEK PROFESSIONAL HELP

If symptoms persist or begin interfering with your daily life, talk to a mental health provider.

- Therapy, medication or a combination of both can improve your mental wellness and get you back to feeling your best