



10 ways to care for your mind

May is Mental Health Awareness Month

So often, we focus on caring for our bodies and we forget about what we can do to care for our minds. Below are quick thoughts for paying attention to both your physical and mental health to achieve overall wellness.

STAY ACTIVE

Physical activity releases feel-good chemicals in your brain that can help you perform better, concentrate more and boost your overall mood. Regular exercise can also have a profoundly positive impact on symptoms of depression, anxiety and more.

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TALK IT OUT WHEN SOMETHING'S ON YOUR MIND

Talking about your feelings isn't a sign of weakness, it's a way to deal with a problem that's bothering you and can make you feel better.

NOURISH YOUR BRAIN

Like all organs, your brain needs good quality fuel to work at its best. Include lots of different fruits and vegetables, wholegrains, nuts, seeds and plenty of water in your diet.

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CARE FOR OTHERS

Caring for friends, family, pets or even strangers can be an uplifting experience and help you see your situation from another perspective.

PRIORITIZE SLEEP

Adults should aim for eight hours of sleep each night. Create a regular bedtime routine and sleep schedule, disconnect from your cellphone, and make your bedroom environment comfortable.

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ASK FOR HELP

If you are dealing with any thoughts, feelings or an addiction that are impacting your day-to-day life, your mood, or the people around you, talk with a professional for help.

PRACTICE MINDFULNESS

There are several techniques to help you free your mind from worry, cope with stress or simply help you bounce back from a tough day. Mindfulness, meditation and deep-breathing are a few practices that can help you avoid worrisome thoughts, be more focused and deal with stress.

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KEEP IN TOUCH

Strong connections to family or friends can help you deal with tough times and life's stressors.

TAKE A BREAK

Whether it is a ten-minute pause in your work day or a weekend getaway, a change of pace can recharge your batteries and relieve stress.

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DRINK ALCOHOL RESPONSIBLY

Using alcohol regularly to cope with negative emotions is only a temporary fix. Once the alcohol wears off, it can leave you feeling worse. Instead, find activities that care for your mind and body.