



Tips to Improve Your Mental Health—Every Day!

TRY THE FOLLOWING TIPS TO HELP PLAN A WEEK THAT WILL LEAVE YOU FEELING GOOD, INSIDE AND OUT. IF YOU ARE RECEIVING TREATMENT FOR A MENTAL HEALTH PROBLEM, THESE TIPS CAN HELP YOU MANAGE YOUR ILLNESS AND SUPPORT YOUR TREATMENT AND RECOVERY.

sunday **Relax.** Try meditating, taking a walk in a natural setting, or reaching out spiritually or through prayer. Quiet reflection, alone or in the company of others, can improve your state of mind, strengthen your sense of self and community, and give you time away from a hectic schedule to collect your thoughts and re-energize for the week ahead.

monday **Make a plan.** Decide what tasks you need to complete for the week and make a plan for when and how to do them. If you are overscheduled, decide what can wait a week or two. If you don't have much on your schedule, plan some activities you'll look forward to.

tuesday **Surround yourself with supportive people.** Make plans with family members and friends, or seek out activities at which you can meet new people, such as a club, class or support group. Reconnect with someone you have lost touch with and create new memories.

wednesday **Take care of your body.** Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals, avoid cigarettes, drink alcohol only in moderation, drink plenty of water, get enough sleep and exercise regularly.

thursday **Give of yourself.** Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need—and it's a great way to meet new people who share your interests and compassion.

friday **Broaden your horizons.** Create a change of pace or expand your interests. Explore a new hobby, plant a garden, plan a road-trip, try a new restaurant, take dance lessons, or learn to play an instrument or speak another language.

saturday **Value yourself.** Treat yourself with kindness and respect, and avoid self-criticism. Take stock of the qualities you like about yourself, your accomplishments and abilities. Take some time every day to relax, reflect and rejuvenate.

To learn more, contact your local Mental Health Association, or call the National Mental Health Association at 800-969-NMHA (6642) or visit www.nmha.org.