GIVE YOUR
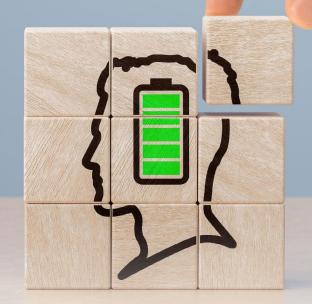## *Mental Health*
A BOOST!

Mental health is an essential component of overall health and well-being. Try these ideas below as a boost:

Get active

Exercise eases symptoms of depression and anxiety. Focusing on a workout frees your brain from negative thoughts and other stressors.

Connecting or disconnecting

Call a friend to lift your spirits and feel a connection. Disconnecting is just as important. Stay off your screens, electronics, and social media, and be in the moment.

Just breathe

Try a guided meditation app to help you focus on breathing and calming your mind.

Getting back to the basics

Staying away from stimulants (caffeine, processed sugars) and depressants (alcohol) can help your body regulate more efficiently and help you relax enough to get proper rest.

If you have symptoms that won't go away or you have thoughts of self-harm, talk to your doctor and seek help.

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