

# Invest in You

## 10 Tips for Good Mental Health & Wellbeing



### Attitude of Gratitude

Practicing gratitude and mindfulness is a conscious process that trains the mind to see the good in any situation



### Let Nature Rejuvenate You

Frequent technology use puts a strain on cognitive functions. Research indicates exposure to natural settings improves our ability to focus and boosts productivity



### Shared Activities

Many parents with demanding work schedules help instill a work ethic in their children by creatively allowing them to be close observers or even participate in a small way



### Move More

Adults need at least 150 minutes of moderate physical activity per week. Consider asking a colleague or co-worker to join you for a brisk walk on your lunch hour

### Communicate Better

Listening is more beneficial than talking; know what you want to say before you start talking



### Ask for Help

Asking for help is a sign of strength, not weakness; it's easier to deny you have a problem than it is to make an effort to fix it



### Schedule Sleep

Make 7-9 hours of sleep each night a priority for a more energy-filled and focused lifestyle

### Give Back

Spending time volunteering or doing something for someone else can make a huge difference for your mental health



### Eat Well

Snack on fresh food, and cut back on salt, sugar and fat; always start the day with a healthy breakfast



### Stress Management Planning

Monitor what is causing you stress for a week by keeping a diary; try new techniques to manage stress such as meditation, physical exercise, yoga, creative writing, or a massage



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