

YOUR MENTAL HEALTH

A Priority Every Day



1

RELEASE THE GUILT

The need to rest and recharge is not selfish. In order to care for others, individuals must first ensure their own energy and mental wellness.



2

PRACTICE SELF-CARE

Eat healthy foods
Move your body as you are able
Connect with others
Get enough sleep



3

PRACTICE MINDFULNESS

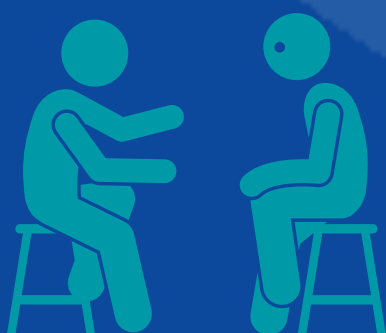
Taking a moment to check in with your body and mind, or simply taking a few deep breaths can help your body relax and bring you a sense of peace.



4

PARTICIPATE IN MEANINGFUL NONCAREGIVING ACTIVITIES

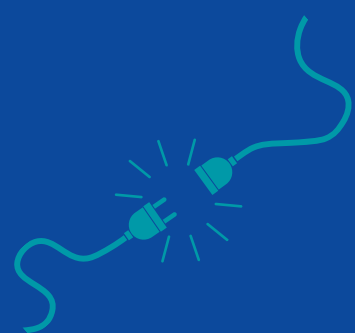
Spending time with friends, engaging in spiritual activities, walking in nature, or coloring a picture can increase feelings of wellbeing.



5

FIND A LICENCED MENTAL HEALTH PROFESSIONAL

Taking care of our health includes taking care of our brains. Seeking help is a sign of strength – not a weakness.



6

DISCONNECT FROM ELECTRONICS AND SOCIAL MEDIA

Time away from constant incoming information reduces stress and self comparisons.



National Alliance on Mental Illness

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