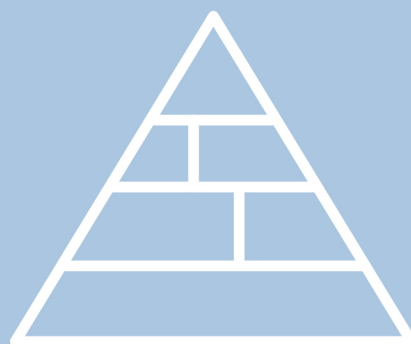


Practice Mindfulness



Focusing all your attention on the present moment without passing judgment about how you're feeling or what you're experiencing, accepting things the way they are and being in the present.

Eat Healthily



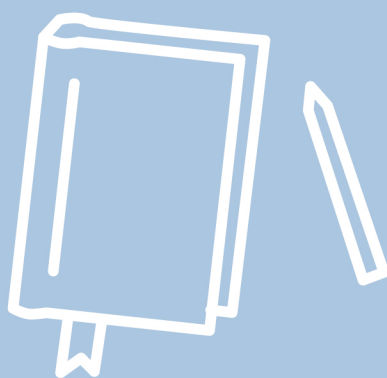
An unhealthy diet taxes our bodies ability to cope with stress and stress can lead to unhealthy eating habits, creating a vicious repeating cycle—leading to weight gain and an overall decrease in self-confidence.

Exercise



Anything that gets you moving will tend to improve your mood, and—according to the Mayo Clinic—just 30 minutes of activity for three to five days a week can alleviate symptoms of depression and anxiety.

Keep a Gratitude Journal



Had a good day? Write it down! Studies show that tracking the positives in life, whether it's nightly or weekly, and taking note of the good can lower stress and foster a positive outlook on life.

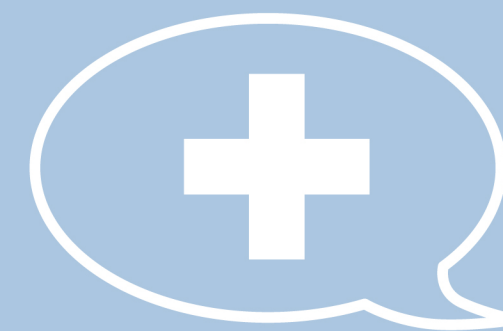
8

Ways to Improve Mental Health

Mental health affects how we think, feel and act. It includes our emotional, psychological and social health—it's the cornerstone of our well-being.

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Practice Positive Self-Talk



Similar to mindfulness, positive self-talk is about finding the positive and fostering a sense of optimism, hope and joy in everyday life, by negating those negative messages that may have crept in.

Give Back



Volunteering is a win-win for everyone involved. Studies have shown that volunteering helps you connect with others, helping to alleviate depression, as well as lowering stress, anxiety and anger.

Step Outside



Like daily exercise, just spending a short time outdoors and away from stressors can have a huge affect on our mental health. And, being in nature helps our brains to naturally relax.

Seek Help



Unfortunately, even your best efforts may not be enough, in which case it's time to seek out the professionals. And remember, seeking help is the first step on the path to wellness, something we all want.