WORLD MENTAL HEALTH DAY

#LetsTalkAboutIt

Here are some things we can do on a daily basis to take care of our mental health

Eat Nutritious
Food
Make sure to get a serving of fruits and vegetables with every meal

Get Regular
Exercise
Even if it is going for a quick 10-20 minute walk every day

Reguarly Practice
Mindfulness
Take out a few minutes of your day to practice being present

Try To Get Enough
Sleep
At least 7-8 hours a night

Speak With
Someone
It is okay to ask for help

Get Yourself
Screened
Ask your provider at your next check up for a mental health screen

1-844-55-ACCESS or 1-844-552-2237