

TIPS FOR MAINTAINING A HEALTHY MIND



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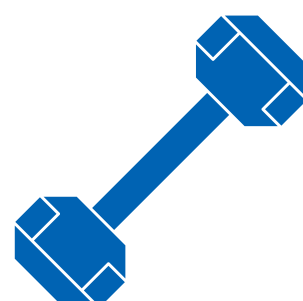


BUILD SELF-CONFIDENCE

Identify your abilities and weaknesses and commit to doing the best with what you have. Also, learn to recognize your limits and practice communicating them (respectfully) more often.

EAT RIGHT, KEEP FIT

A balanced diet, regular exercise, and consistent sleep schedule can go a long way to help manage stress and bolstering your mental health.

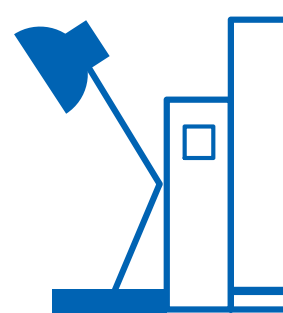


GIVE AND ACCEPT SUPPORT

Practical and emotional support has been shown to not only help the person getting the support, but also the person giving it.

MANAGE STRESS

We all have stressors in our lives. Learning how to deal with them when they threaten to overwhelm us will maintain our mental health. Figure out what works for you, such as exercise, laughter, spiritual practice, or mindfulness.



MAKE TIME FOR FRIENDS AND FAMILY

Choose to surround yourself with people who make you feel good about yourself and let you be yourself. These relationships need to be nurtured and not taken for granted.

SET PERSONAL GOALS

Identify what areas of your life you can and want to improve on, and set some realistic and specific goals for yourself. It helps to share these goals with others so that they can support you and keep you accountable.

