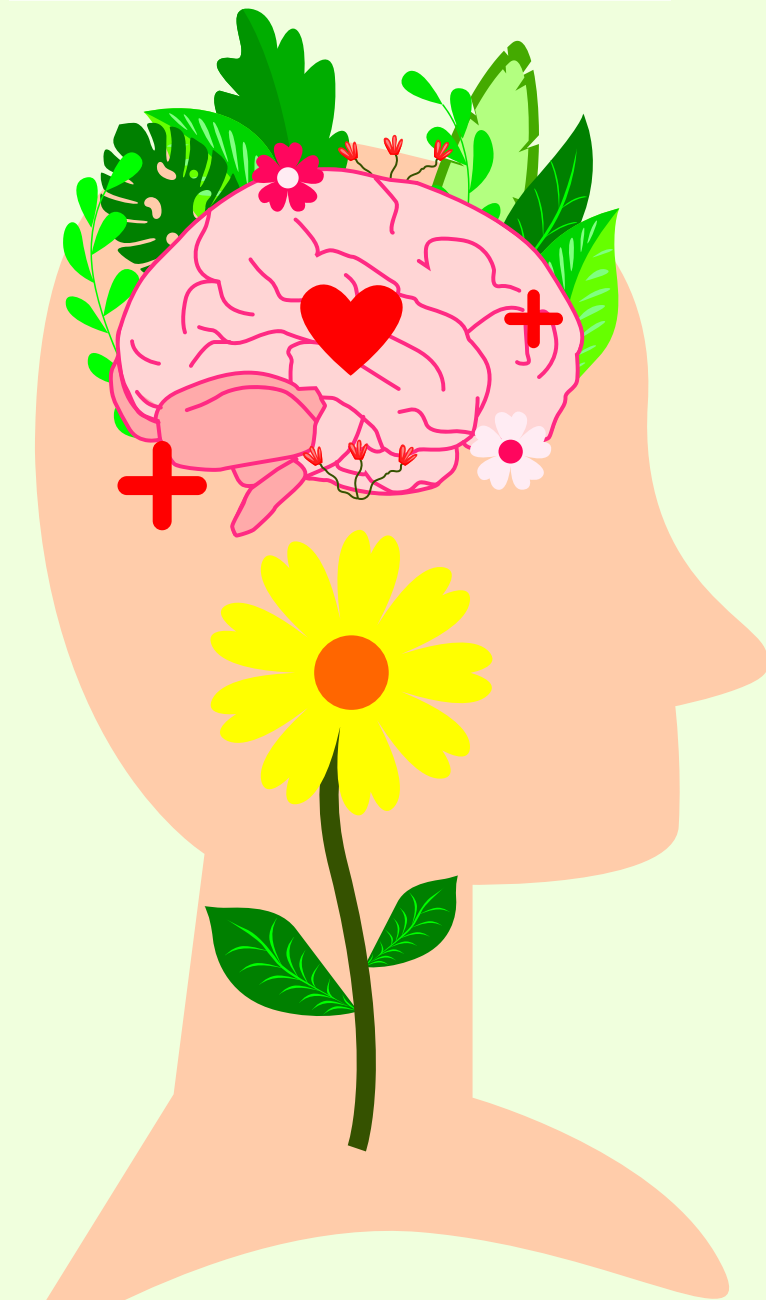


MENTAL HEALTH

CARING FOR YOUR MENTAL HEALTH

PRACTICAL TIPS FOR EVERYDAY WELL-BEING



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. IT IS IMPORTANT AT EVERY STAGE OF LIFE. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

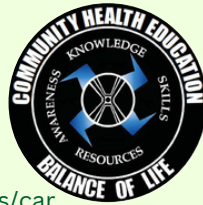


PRACTICE SELF-CARE. TREAT YOURSELF TO FUN ACTIVITIES, COOKING A MEAL, LISTENING TO MUSIC, OR TRY A NEW PHYSICAL ACTIVITY. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.



STAY CONNECTED. HAVING A SUPPORT SYSTEM IS GOOD FOR MENTAL HEALTH. SURROUND YOURSELF WITH LOVING FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

**Tribal Health Department
Community Health Education Program
520-562-5100**



<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>