

## 8 Tips toward a Healthier Mind!

1. **Sometimes you just need to RELAX.** Take some time to help you relax, reenergize, and organize your thoughts and feelings.
2. **Treat your body with RESPECT.** Don't relieve the emotions of stress through bad habits such as excessive smoking and alcohol consumption. It will only wear you down physically and emotionally, which will add unnecessary stress to your body.
3. **Don't be afraid to LIVE LIFE.** Open yourself up to new ideas and interests. Broaden your perspective by exploring new pieces of literature or works of art. Listen to others' ideas/opinions. Try new hobbies, visit a new museum, or just have lunch with friends. Varied experiences contribute to the mental balance that is essential to a healthy life!
4. **Find what makes you HAPPY.** Spend time with family and friends. Engage in a physical activity that you enjoy and make time to do it on a regular basis. You'll feel emotionally refreshed and more productive as a result.
5. **Improve your ability to COMMUNICATE.** Talk about your emotions and thoughts with family members, friends, or health care providers. Talking can provide an effective outlet to stressors and can facilitate a better outlook on life.
6. **THINK before you act.** Feelings and emotions can be powerful. Before you do or say something you may regret, make sure you give yourself time to think. Clear your mind through taking a walk or eating a nutritious snack! If you decide to act, do so with respect for yourself and others.
7. **Everyone has their own LIMITS.** We're not super-humans. Learn to accept your limitations in overwhelming situations and set reasonable expectations. Don't overload yourself to the point where you can't live a healthy life!
8. **Strive for BALANCE.** A healthy balance of fitness and nutrition is essential to maintaining good mental health. Feel more refreshed and increase your productivity through staying active and eating well today!
9. **ASSESS your STRESS LEVEL** by taking the stress quiz at <http://www.mentalhealthamerica.net/llw/stressquiz.html>.



For more information about Mental Health, please visit Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).  
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