



5 TIPS TO IMPROVE MENTAL HEALTH

Mental health plays a huge role in your overall health and well-being. It affects everything, including how we think, feel and act, and helps determine how we make healthy choices and cope with stress. Because it's such a crucial component of your health, it's important to focus on maintaining or improving your mental health.

Here are five simple ways to do so every day:

1. EXPRESS GRATITUDE

Taking five minutes a day to write down the things that you are grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive.

2. GET EXERCISE

You probably hear all the time how beneficial exercise is to your overall health, but it's true. Exercising regularly can benefit your brain function, reduce anxiety and improve your self-image.

3. SPEND TIME OUTDOORS

Getting outside, especially when it's sunny, can greatly improve your mood, which in turn, benefits your mental health.

4. BE KIND

Helping others and being kind not only helps the receiver of the act but can also help you. It doesn't have to be anything crazy—holding the door or giving a compliment can go a long way.

5. GET A GOOD NIGHT'S SLEEP

Fatigued individuals typically experience drowsiness, mood changes, loss of energy and appetite, headaches, and a lack of motivation, concentration, and alertness. Strive for seven to eight hours of sleep a night to improve your mental health.