

# TIPS TO MANAGE YOUR EMOTIONAL & MENTAL HEALTH

Learning to regulate emotional and mental health is an essential part of overall health and well-being. Practicing the tips below can give you a more positive outlook and help you enjoy the journey of life.

EXPRESS YOURSELF



GIVE OF YOURSELF VOLUNTEER

CARE FOR PHYSICAL BODY & GET PROPER SLEEP



STRENGTHEN & BUILD FAMILY, ANIMAL AND SOCIAL CONNECTIONS

PRACTICE GRATITUDE



QUIET THE MIND STAY PRESENT

SET REALISTIC GOALS & PRIORITIES



LEARN A NEW SKILL, HOBBY, OR ACTIVITY

ASK FOR HELP WHEN OVERWHELMED



IDENTIFY YOUR STRENGTHS, WEAKNESSES & BOUNDARIES

INVEST TIME FOR SELF-CARE



GET OUTSIDE FOR FRESH AIR & SUNSHINE

## PRACTICE SELF-LOVE & ACCEPTANCE

Learning to give yourself respect, forgiveness, and compassion can lead to higher levels of success, productivity, focus and concentration.

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