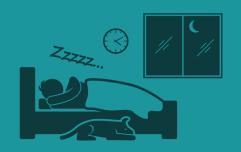


SUPER-SIMPLE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH



Get your **SLEEP**



A good night's rest helps lower stress, improves memory, boosts your mood, and wards off sickness.

Create a bedtime routine that makes it easy to doze off, and aim for 7-9 hours of sleep a night.

Watch your **STRESS**



Some daily stress is normal, but too much over time can raise your risk of serious health problems.

Find healthy ways to cope:

Exercise, spending time with friends, and cutting back on caffeine, sugar, and alcohol can all help.

Focus on your **STRENGTHS**



Take a few minutes every day to think about what you're good at.

Don't compare yourselfto others or focus onpast failures or mistakesinstead, look forwardand appreciate theperson you are.

Work up a **SWEAT**



A heart-pumping workout releases feel-good hormones called endorphins, so it helps both your body and your mind.

Find activities you like and try to do 30 minutes or more each day.

SQUEEZE IN happy moments



Make time every day for little things you enjoy. Play with your pet. Work on a hobby. Watch the sunset.

Do it even when you're tired. Even when you don't think you have time. It's worth it.



TALK TO someone

if you often feel down or not quite like yourself. **Reach out** to a trusted friend or relative, or talk to your doctor.

To find professional help near you, call **SAMHSA's National Helpline:**

1-800-662-HELP (4357)

It's free, private, and open

Register today to learn more mental health tips



Already registered?

Log in now: rewardsforhealthyliving.com

Still need to sign up?

Go to **rewardsforhealthyliving.com** and follow the instructions.

YOU DON'T HAVE TO HAVE A BIG PROBLEM TO NEED A LITTLE HELP.