5 SUPER-SIMPLE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH
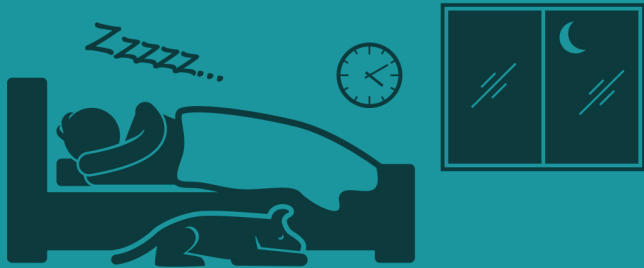
1 Get your SLEEP

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.**

2 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.

3 Focus on your STRENGTHS

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

Don't compare yourself to others or focus on past failures or mistakes — instead, look forward and appreciate the person you are.

4 Work up a SWEAT

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

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

5 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.**
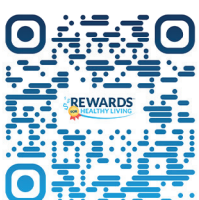
TALK TO someone

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 24/7.

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