SUNDAY MORNING
HEALTH
CORNER

Take Care of Your Mental Health

Over time, daily stressors, responsibilities, or simply the wear-and-tear of life can all take a toll on our mental health. Though it can often be easy to forget, caring for your mental health is just as important as your physical health. Here are some helpful ways to take care of your mental health:

Here are some helpful ways to take care of your mental health:

• Give yourself permission to take a mental health day. You know your body. Take a day to recharge and rest your immune system to prevent an actual sick day in the future.

• Get some sleep. When you fail to make getting enough sleep a priority, your mental health will almost certainly suffer.

• Exercise. Getting active can be great for eliminating stress.

• Enjoy a good laugh. Laughter really is the best medicine. It stimulates the brain and makes us feel better.

• Evaluate your circle. Surround yourself with positive people who help eliminate stress, not add to it.

•Meditation. Scheduling a little quiet time to simply take a breather and relax can do wonders for your mental health.

•Don't be afraid to seek help. Even if you think what you're dealing with isn't "bad enough," understand that there is no threshold of struggling you have to reach before therapy or medication is warranted.

THE
BALM
IN
GILEAD
INC. ™