

SUNDAY MORNING Health Corner

5 Ways to Improve Your Mental Wellness

Mental health includes our emotional, psychological, and social well-being. Mental health is vital to every stage of life. From childhood and adolescence to adulthood, our mental health determines how we:

- Cope with different stresses in life
- Make choices
- Relate to others

Tips to Improve Mental Wellness



Get social. A great way to relieve stress and stimulate brain activity is to socialize with friends and family.



Move your body. Exercise improves mental health by reducing anxiety, depression, and negative moods. Exercise even boosts self-esteem and cognitive function!



Look on the bright side. Positive thinking is an optimistic approach to focusing on the good in any situation, leaving you healthier mentally, physically, and spiritually.



Rest. Rest is necessary for mental health maintenance. Also, rest improves concentration and memory, promotes a healthier immune system, improves mood, and boosts metabolism.



Develop coping skills. Coping involves adjusting to unusual demands or stressors. Finding a variety of healthy coping methods, like meditation or journaling, make managing stressful situations easier and reduces stress's effect on your mental health.



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