**SUNDAY MORNING HEALTH CORNER**

**Improving Your Mental Wellness**

Mental health includes our emotional, psychological, and social well-being. Mental health is vital at every stage of life, from childhood and adolescence through adulthood. Our mental health aids in determining how:

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

**Tips to Improve Mental Wellness**

**Get Social**: Socializing with friends and family can be a great way to relieve stress and helps stimulate our brain activity.

**Move and Stay Active**: Exercise improves mental health by reducing anxiety, depression, and negative moods and improving self-esteem and cognitive function.

**Positive Thinking**: Positive thinking is an optimistic approach to focusing on the good in any situation.

**Rest**: Rest is necessary to sustain good mental health. It is also vital in increasing concentration and memory. Rest promotes a healthier immune system, improves your mood, and even aids in boosting one’s metabolism.

**Develop Coping Skills**: Coping involves adjusting to unusual demands or stressors. Finding different methods to use when dealing with stressful situations can help you face problems and reduce stress affecting your mental health.