

# 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.



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