

# Maintaining Mental Health



*Mental health, like physical health, plays a big role in overall wellbeing. When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress.*



It's normal for your mental health to shift and fluctuate with time. Creating positive habits is a great way to support your mental health when you're doing well and helps you build skills to use if you do face symptoms of a mental health condition.

## Food Choices and Nutrition

The quality of food you eat can impact your overall physical and mental health. Your gut communicates with your actual brain, and eating nutritious foods is the number one thing you can do to keep your gut microbiome healthy

## Exercise

Staying active benefits many aspects of health and can prevent physical and mental health symptoms from worsening. Making time for exercise and movement each day improves self-esteem, brain function, and sleep and has been found to lessen social withdrawal and stress.

## Build a Support System

Not only can a strong social support system often prevent mental health concerns or symptoms from developing into a diagnosable mental health condition – a strong social support system has also been shown to improve overall outcomes in recovering from a mental health condition.

## Sleep

Your health heavily depends on how rested you are. Sleep plays a role in your moods, ability to learn and make memories, organ health, immune system, and other bodily functions.

## Stress Management

In most cases, stress comes and goes fairly quickly. However, being consistently high stress because you are unable to relieve your stress or are constantly facing stressful situations can negatively impact attention, memory, and how you deal with emotions in the long term.

## Identify Coping Skills

Coping skills are activities or strategies you can use to reduce or tolerate tough feelings. No one thing works for everyone, so you may want to keep a list of what works for you, like calling a friend, doing a home workout, etc. This makes it easier to get started when you're in a tough mental state.

*"Safety is a core value and business priority"*

