

# inspired

[to make healthy choices]

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## Mental Wellness Tips

**Mental health is important  
for our overall health!**

Mental health includes our emotional, psychological and social well-being, and it can even affect our physical health.

### DID YOU KNOW?

#### Your mental health can change over time!

Whether you are dealing with a difficult situation or have begun taking on healthier habits, your mental health can change in response. No matter the season you are in, it's important to be intentional about caring for your mental health.

## 10 Ways to Care for Your Mental Health:

- 1 **Make time to connect with friends and family.**
- 2 **Set aside a few minutes each day to meditate.**
- 3 **Go outside and enjoy 30 minutes of sunlight each day to boost your mood and energy.**
- 4 **Get a good night's sleep to feel fully rested.**
- 5 **Focus on good nutrition and try to exercise at least a few times per week.**
- 6 **Have fun! Do something you enjoy such as practicing a hobby or watching a favorite TV show.**
- 7 **Practice gratitude by writing down things you are thankful for each day.**
- 8 **Do a digital detox when you find yourself overwhelmed by social media.**
- 9 **Set a routine and stick to a schedule when it comes to resting, self-care, work, etc.**
- 10 **Avoid alcohol and other drugs when you are feeling stressed.**

If you are worried about your mental health, reach out to your doctor or therapist immediately. If you aren't already connected with a professional, call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225.

GCAL provides immediate, free and confidential access to routing or crisis services 24/7.

Visit [dbhdd.georgia.gov/access-services](http://dbhdd.georgia.gov/access-services) to learn more.

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