

MENTAL HEALTH TIPS & TRICKS

EXERCISE

Regular exercise can improve mood and self-esteem while decreasing stress and anxiety.



EATING

A healthy diet can decrease anxiety, depression, and bad moods.

SLEEP

A good night of rest with quality REM sleep can help regulate appetite and aid in developing healthy eating habits.



MEDITATION

Stress reduction practices found in yoga and meditation help the brain release a neurotransmitter that lowers heart rate and relaxes the body.