

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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