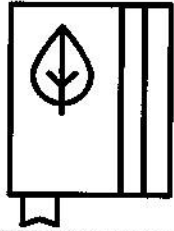


15 Tips to Boost Your Mental Wellness

<https://www.mhanational.org/31-tips-boost-your-mental-health>



Keep a journal

Include 3 things you are grateful for and 3 things you were able to accomplish each day.



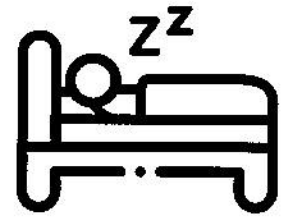
Drink coffee

Coffee consumption is linked to lower rates of depression. Just don't overdo the caffeine.



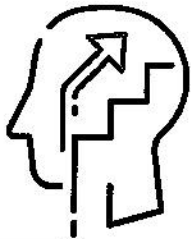
Strengthen yourself

Do something you're good at to build self-confidence.



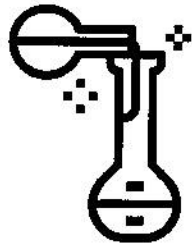
Sleep well

The optimal temperature for sleep is between 60 & 67 degrees Fahrenheit.



Keep improving

Figure out a plan to move in the right direction.



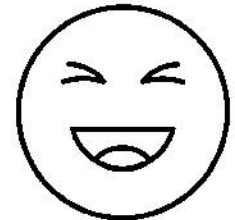
Experiment

Try a new recipe, write a poem. Creative expression and overall well-being are linked.



Eat dark chocolate

The flavanoids, caffeine, and theobromine work together to improve alertness and mental skills.



Laugh

Hang out with a funny friend, watch a comedy or cute videos. Laughter helps reduce anxiety.



Disconnect

from technology. Spend time doing something fun with someone face-to-face.



Dance around

Reduces levels of cortisol (stress hormone), & increases endorphins (body's "feel-good" chemicals).



Take a bath

Epsom salts may soothe aches and help boost magnesium levels depleted by stress.



Write your feelings

Writing about upsetting experiences can reduce symptoms of depression.



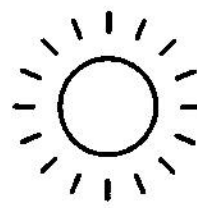
Furry friend time

Time with animals lowers the stress hormone - cortisol and boosts oxytocin - which stimulates feelings of happiness.



30 min. Walk

Research shows that being in nature can increase energy levels, reduce depression and boost well-being.



15 min. Sunshine

Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

fndusa.org/escdownload/

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