

# MENTAL HEALTH ACTIONS

Mental health is an important part of overall health and well-being. Taking time for mental health actions is a crucial part to remaining mentally healthy. It is important to realize that these actions look different for everyone and there are multiple ways you can take action for your mental health. Below are some of our favorite actions for you, your loved ones, and your community to take action for mental health.

## PRACTICE GRATITUDE WITH A JOURNAL

Include 10 things you are grateful for and 5 things you were able to accomplish today or goals for the day.

## SHOW SOME LOVE TO SOMEONE IN YOUR LIFE

Close, quality relationships are crucial for maintaining positive mental health. Spend quality time with a loved one today.

## TRY SOMETHING NEW

Try making a new recipe, write a poem, paint a picture for decoration or a gift, try a DIY project. Creative expression and positive well-being are linked and may relieve stress and anxiety.

## TAKE TIME TO LAUGH

Hang out with a funny friend, watch a comedy, or check out funny videos online. Laughter may help reduce anxiety.

## GO OFF THE GRID

Turn off your phone or put your phone on do not disturb for a length of time and disconnect from emails, alerts, and other interruptions. Spend time being present in an activity or doing something fun.

## DANCE AROUND WHILE YOU DO YOUR HOUSEWORK

Not only will you get your chores done, but dancing reduces levels of cortisol (the stress hormone) and increases endorphin's (the body's "feel-good" chemicals).

## RELAX AND TAKE A WARM BATH

Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

## SPEND TIME WITH A FURRY FRIEND

Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

## BE A TOURIST IN YOUR OWN TOWN

Explore attractions in your own town, often people only explore when they are on trips. You may be surprised what cool things are in your own backyard.

## SET YOURSELF UP FOR SUCCESS

Trying prepping your lunches or picking out your clothes the night before. Not only will you save some time in the morning but you will also have a sense of control about the day ahead.

## TAKE A WALK OR DO PHYSICAL ACTIVITY

Taking a walk in nature, a hike through the woods, a group fitness class, or going to the gym can increase your energy levels, reduce depression, and boost your well-being.

## ENJOY SUNSHINE

Don't forget to apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

## SMILE!

It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.