

# **Mental Wellness Month**

The World Health Organization (WHO) defines mental wellness as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribution to his or her community.

## **TRAITS OF MENTAL WELLNESS**

- Contentment
- Resiliency
- Work/Life Balance
- Ability to build/maintain relationships
- Self-confidence
- An unwavering sense of purpose

## **TIPS TO IMPROVE YOUR OVERALL MENTAL WELLNESS**

- Mindfulness
- Look for the positives
- Take a break
- Stay Active
- Quality time with friends and family