

# BALANCING YOUR MENTAL WELLNESS

Life is a balancing act. To be mentally healthy, first NOTICE that you're out of balance and the DO something to feel more balanced again.

There are many signs to look for to know if you need more balance, like when you notice that your thoughts, emotions, or actions are causing you to not feel like yourself. Here are just a few.

## Some Indicators that you may be out of balance:

Finding that stress that changes how you feel.

Having difficulty concentrating, sleeping, or communicating with others.

Experiencing trouble in relationships.

Noticing emotions but can't name what they are or what caused them.

Feeling physical pains, like stomach aches or headaches, that happen more often.

It's important to notice what is happening inside you so you can manage your mental health. Focus on coping strategies in these 4 areas to feel balanced again.

### MINDSET

Having a positive mindset means you know you have the power to make your situation better.

### HABITS

Having healthy habits means your body is ready to support you and your mind for anything that comes along.

### RELATIONSHIPS

Building relationships with others that are positive and supportive is one of the best things you can do.

### EMOTIONS

Being aware of your emotions and how best to manage them will help you face any challenge.



## Need additional help?

Text HOME to 741741 for free, 24/7 crisis support in US (Text HOME to 686868 in Canada)