

10

Ways to Improve *Mental Health*

Maintaining your mental health is just as important as maintaining your physical health. Here are 10 ways to improve your mental health!



1

Be Mindful

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout the day, remind yourself to be fully present, and to focus on the “now”.



2

Eat Healthy

Food fuels your body's health, including your brain. Research shows that nutrients found in health foods like fish, fruits, and vegetables can improve your brain function.



3

Deal with Stress

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.



4

Reflect

Put your phone away, turn off the TV, and take some time everyday to rest, relax, and reflect. You might also try writing your thoughts in a journal.



5

Reach Out for Help

Just like with physical health, we sometimes need the help of a professional to be at our best. If you'd like to feel better, talk to a counselor, advisor, or your family doctor.



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10 Ways to Improve **Mental Health**

Taking care of your mental health is important and needing help is **not** a sign of weakness. If you or someone you know needs emotional support, call our PSJA ISD Counseling & Guidance Department at (956) 354-2080.



6

Get Enough Sleep

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least 8-hours of sleep.



7

Exercise

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.



8

Open up to Someone

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.



9

Be Grateful

Notice the things you are thankful for in your everyday life. Regularly reflect on, and feel grateful for, each of these things.



10

Help Someone Else

Helping others has been shown to reduce stress and improve your mental health. It also just makes you feel good.