



**COLLEGE**<sup>3</sup>  
READY. CONNECTED. COMPLETE.™

# 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.



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## **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.



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## **Exercise**

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



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## **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.



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## **Be Grateful**

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



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## **Help Someone Else**

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