

BRAIN NEED A BREAK?

Whether it's part of your self-care routine or you just need a breather, taking some time to intentionally unwind is one of the impactful things you can do for your mental health.

NEED SOME IDEAS? THE NATIONAL INSTITUTE OF MENTAL HEALTH RECOMMENDS:

GET MOVING

Just 30 minutes of moderate exercise can do wonders for your mental health. Dance it out, go for a walk, or dig into your garden. Even the smallest amounts of movement encourages the brain to release dopamine and endorphins. *(IDEA: Lace up and go for a hike in one of Oklahoma's 32 state parks!)*

EAT THE RAINBOW

It's trite advice, but good advice. Eating healthy and drinking plenty of water can boost your mood and give you more energy. Limiting caffeine — such as coffee, tea, and soda — can also help decrease anxiety and stress.

IDEA: Visit your local farmer's market and load up on Oklahoma-grown fruits and veggies!

GET YOUR ZZZS

A little shut eye does a body good. Make sure you're getting enough sleep every night to relax and recharge. Also, be sure to put your screens to bed too. Blue light exposure can make it hard to fall asleep.

ZEN OUT YOUR WAY

You don't have to be a yogi or follow a strict meditation plan to boost your mental health (but those are great ways too!) Finding a relaxing activity like coloring, journaling, or exploring a museum can help calm down your nervous system.

IDEA: Start an art journal. Make it a point to express how you feel through paints, pencils, and pastels.

PRACTICE GRATITUDE

Whether it's your family or the food in your fridge, reminding yourself of all you have to be thankful for can put things in perspective when our brains get too loud. Prayer, journaling, or breathing exercises are just a few ways to stay grounded.

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