

TEN TOOLS TO LIVE YOUR LIFE WELL AND REDUCE STRESS¹

Why Mental Health Matters

Some people think that only people with mental illnesses have to pay attention to their mental health. But the truth is that your emotions, thoughts and attitudes affect your energy, productivity and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious crises and challenges. Good mental health is essential to creating the life you want.

Mental Health America, working for 100 years to promote well-being for all Americans, has developed **10 Tools to Live Your Life Well**. Based on extensive scientific evidence, these tools can help you relax, grow and flourish. Check out the Mental Health America website for detailed information on how to apply these tools: www.liveyourlifewell.org

1. **Connect with others.** Fight stress with friendship. Learn how to strengthen old bonds and build new ones.
2. **Stay positive.** Changing your thinking can change your life. Check out the website to learn how to take steps to increase your optimism.
3. **Get physically active.** Exercise can make you happier. Learn how to get active, stay active and more.
4. **Help others.** You may feel better serving soup at a shelter than sipping martinis at Happy Hour.
5. **Get enough sleep.** Being tired can hurt your health and your relationships. Check out the advice at the website on how to get a better night's sleep.
6. **Create joy and satisfaction.** Feeling good is good for you, so have a laugh, find a hobby or just kick back!
7. **Eat well.** The right foods can fuel your mind, boost your mood and fight disease.
8. **Take care of your spirit.** Praying, meditating or just connecting with your deepest self can enrich your life.
9. **Deal better with hard times.** Coping tools can help you through a rough patch. Check out the tips at the website.
10. **Get professional help if you need it.** Don't hesitate to seek help. Learn about therapy, medication and more.

¹ Source: Mental Health America www.liveyourlifewell.org