



WELLNESS



CHECK UP

Take a few moments to check your mental health. Are you:



Eating a well balanced diet, making sure your brain gets the important nutrients it needs?



Taking time for self-care, doing things that make you happy to avoid too much stress and burnout?



Maintaining social contacts, having at least three people whom you can confide in?



Getting enough restful sleep?



In a place where you feel safe, physically and emotionally?

THERE IS NO WELLNESS WITHOUT MENTAL WELLNESS!

Learn more about how to stay mentally well by visiting www.AmericanMentalWellness.org ©