

**A HEALTHIER MIND**

**IS A**

**HAPPIER LIFE**

[High School/Adults]



**Get plenty  
of sleep**

**Maintain a  
healthy diet**

**Stay  
physically  
active**

**Have at least 2  
close friends to  
confide in**

**Help  
others**

**Don't neglect  
medical check  
ups**

**Be  
patient**

**Laugh  
often**

**Have a  
spiritual  
connection**

**Count your  
blessings**

**Have at least  
one hobby**



**AMERICAN MENTAL  
WELLNESS ASSOCIATION**

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