

THE IMPORTANCE OF MENTAL HEALTH

Mental health is important at all life stages for overall health and well-being. It can determine your quality of life.



WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects the choices we make, the way we behave, how we handle situations, and how we interact with others.

WHY IS IT IMPORTANT

Mental and physical health are equally important for overall health and well-being. Poor mental health can lead to poor physical health.

What are symptoms of poor mental health?

- Trouble sleeping
- Change in appetite
- Difficulty concentrating
- Loss of interest
- Inability to perform daily functions
- Feeling down

Ways to improve your mental health:

- Exercise
- Eat a healthy and well-balanced diet
- Get the recommended amount of sleep and maintain a sleep schedule
- Engage in social interaction
- Talk to a friend or family member that you trust
- Practice meditation, relaxation, and mindfulness



References:

Centers for Disease Control and Prevention. (2018). *Learn about mental health*.
<https://www.cdc.gov/mentalhealth/learn/index.htm>

National Institute of Mental Health. (n.d.). *My mental health: Do I need help?*.
<https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help/index.shtml>

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