

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, how we handle situations, and how we interact with others.

Why is mental health important?

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

What are the 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

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