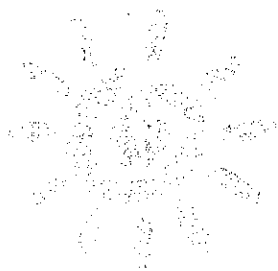


Why make physical and mental health a priority in your life?



Physical and mental health are related

- **Exercise** improves your **physical health** and your **mood** for **mental health**
- **Loneliness** increases **depression** and **blood pressure**
- Eating **healthy foods** can make you feel more **energetic** and **decrease depression** and **anxiety**

What Can You Do to Improve Mental and Physical Health?

- **Thinking optimistically** can create **positive changes** in your **health** and other parts of your life
- **Laughter** decreases pain, helps your heart and lungs, promotes relaxation, and reduces anxiety
- **Helping others** through small generous acts or by providing emotional support can make you **feel happier** and more connected to others
- Poor **sleep habits** can damage your physical health, mood, relationships, and productivity
- **Praying, meditating**, or just **connecting** with your deepest self can enrich your life



If you are concerned about yourself or someone else, you should **ASK FOR HELP** right away!