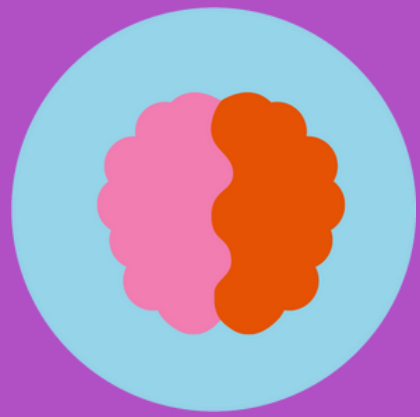


Tips and Resources

Mental Health



Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps with how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood until adulthood.

Healthy Ways to Cope with Stress:

- Take care of your body.
- Take deep breaths, stretch.
- Eat healthy, well-balanced meals.
- Be physically active.
- Get plenty of sleep.
- Choose not to drink alcohol, or drink in moderation.
- Avoid misusing opioids prescribed or not. Also avoid mixing these with one another, or with any other drugs.
- Avoid smoking and the use of tobacco products.
- Continue with routine preventive measures including vaccinations, cancer screenings, and other tests recommended by a health care provider.
- Make time to unwind. Try to do activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations.
- Take breaks from watching, reading, or listening to news stories, including those on social media.

Getting Help

Free and confidential crisis resources can also help you or a loved one connect with a skilled, trained counselor in your area. During times of stress, it is especially important to stay connected with your friends and family.

For access to help, hope, and treatment call 9-8-8. 24 hours a day/7 days a week.

For more information visit: <https://www.cdc.gov/mentalhealth>