



MAINTAINING POSITIVE MENTAL HEALTH

Manage Stress

Try to change the situations that cause you stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation and exercise.



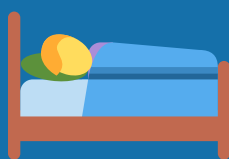
Be Aware of your Emotions

Notice what makes you feel sad, frustrated or angry in your life. Try to solve or change those things.



Take Care of your Physical Health

Your physical health can affect your emotional health. Exercise regularly, eat healthy foods and get enough sleep. Do not abuse drugs or alcohol.



Stay Positive

Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy and positive people.

