How is your mental health?

"How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?" - Psalm 13:2 (NIV)

OR

"When my anxious thoughts multiply within me, Your comforts delight me." - Psalm 94:19 (AMP)

Make it a daily priority to gauge your psychological and emotional well-being. Identify what's positively and negatively affecting your mental health and make the necessary adjustments.

Dr. Chelsie Haynes

Improve Your Mental Health:

1. **Say how you feel.** Keeping your feelings bottled up isn't healthy. Find a healthy, accountable person with integrity to talk to. Not every open outlet is safe, healthy, or appropriate.

2. **Be active.** Set aside 30-minutes a day for intentional movement (exercise, walk, dance, clean, garden) to keep your brain and vital organs healthy.

3. **Eat well and drink water.** Know your dietary restrictions and know what's good for your physical health.

4. **Keep in contact.** Physical and face-to-face contact is not always possible. Make a phone call, video chat, text, email, or send a package. Staying in contact can keep you grounded.

5. **Take a break.** Don't work through your lunch break or personal break. Take a day trip or extended vacation. Pause in the middle of packing. A break can help you de-stress.