

MENTAL HEALTH BASICS



5 ESSENTIALS FOR GOOD MENTAL HEALTH

POSITIVE MINDSET



Having an optimistic outlook on your situation and what is possible is the most important part of good mental health. Like attracts like. If you do not want your days to be filled with misery, change the only thing **you always have the power to change: your thoughts.**

TAKE CARE OF YOUR BODY



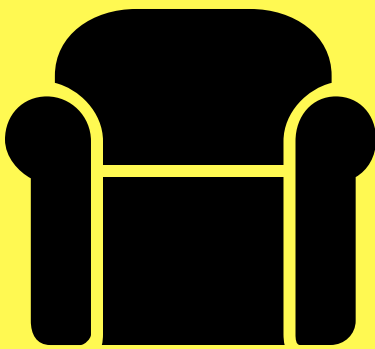
Take good care of your vehicle for life - your body. Make sure you get 30 minutes exercise every day that leaves you a little breathless. Clean and nourish your body every day. don't forget to floss. Caring for yourself is part of basics of life, it is not a luxury. Stretch and do breathing

EAT HEALTHY FOOD



Find out what foods are good for you and make sure you are putting quality ingredients in your body. Food is not called one of life's essentials for nothing -- it is the building block of your life.

ENVIRONMENT MATTERS



Your living and work environment have a great influence on your well being, sometimes very subtly, so make sure all your environments are as healthy and happy as you can make them and be proactive in changing things for the better. Maintain clean and tidy spaces to help your mind feel at ease.

NURTURE SUPPORTIVE RELATIONSHIPS



Focus on building relationships based on kindness, support, acceptance and caring.