



What can I do to improve my mental health?

Stress can be healthy, but chronic stress can cause or worsen many serious health problems, such as depression, anxiety, heart disease, high blood pressure, and stroke. Here are a few ideas to help you stress well and improve your mental health.

1. Get active

Exercise can have a positive effect on your stress and anxiety levels, and it can also improve your sleep. Exercise releases feel-good endorphins and other natural brain chemicals to improve your overall mood.

Quick tip: If the idea of going to the gym sounds overwhelming, go for a 30-minute walk instead. Any movement is better than none!

2. Spend time with people you trust

Work on creating and fostering positive relationships with your family and friends who can provide emotional support. Stay connected and remember that you are not alone.

3. Set goals and prioritize

If you have depression or anxiety, daily tasks can feel very overwhelming. Write down a reasonable daily to-do list and break large projects into smaller tasks. At the end of the day, focus on what you have accomplished rather than what you did not.

4. Avoid using drugs and alcohol

Alcohol and drugs can worsen anxiety. If you are addicted to drugs and alcohol, the idea of quitting can make you anxious. If you are having trouble quitting on your own, speak with your healthcare provider or find a support group to help you.

Looking for more ways to improve your mental health? Reach out to your Everside Health Center today! Your care team is here to help support you in developing and maintaining lifestyle choices to help you stress well.

Call your health center to make an appointment.
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