

## What You Need to Know...



# Top 10 Ways to Take Care of Your Mental Health

1. **Be Realistic.** If you feel that you are taking on more responsibilities than you can handle, make a list of the activities you are involved in and rank them. If you can, eliminate the activities that aren't necessary.
2. **Nobody is perfect.** Drop the superman/superwoman act. Nobody is perfect, so don't expect perfection from yourself or others. Don't be afraid to ask for help if you need it.
3. **Reflect.** Take a moment to collect your thoughts. Personal reflection, such as prayer, meditation or relaxation techniques, can help to reduce stress.
4. **Plan Ahead.** When we procrastinate or feel unprepared for something it can be really stressful.
5. **Exercise.** Regular exercise can be a great way to reduce stress, increase your self-esteem, improve your concentration and give yourself an energy boost. Exercise can be as simple as taking a walk.
6. **Healthy Lifestyle.** Taking care of ourselves by eating a healthy diet, getting enough sleep, getting regular exercise and limiting our intake of caffeine and alcohol can help us to feel refreshed and energized. It can also help us to reduce stress on our bodies.
7. **Share your feelings.** Talking with friends or loved ones about problems in your life can help you organize your thoughts and get support for your feelings.
8. **Take a Break.** Take a break from the things that stress you out by doing something you enjoy. Whether it is reading, playing sports or listening to music, make time to relax and do something you like.
9. **Be Flexible.** Not only will you reduce your stress, you may find a better solution to your problems.
10. **Take one thing at a time.** Sometimes when we are under stress the average workload can seem overwhelming.



Mental Health America is a United Way of Greater Milwaukee Agency.

[www.mhawisconsin.org](http://www.mhawisconsin.org)