

# Top Ten Ways to Take Care of Your Mental Health

10. **Be realistic.** If you are taking on more responsibility than you can handle, rank the activities you are involved with and drop the ones that aren't absolutely necessary.
9. **Drop the "superman/superwoman" mentality.** Nobody is perfect, so don't expect perfection from yourself or others. Don't be afraid to ask for help if you need it.
8. **Reflect.** Take time out to collect your thoughts. Personal reflection in the form of meditation, prayer or other ways can reduce stress.
7. **Plan ahead.** Feeling unprepared or scrambling to do something at the last minute can be really stressful.
6. **Healthy lifestyle.** Eat a well-balanced diet, and limit your use of caffeine and alcohol. Exercise regularly as a way to reduce stress and increase self-esteem. Make sure you are getting enough sleep to feel refreshed and energized.
5. **Share your feelings.** Talking to a friend or family member about problems in your life can help you organize your thoughts and get support for your feelings.
4. **Hobbies.** Take a break from stressful situations by doing something you enjoy. Whether it's reading, gardening or cooking, make time to relax.
3. **Be flexible.** Respect other people's opinions and be prepared to compromise. If you are willing to give a little, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.
2. **Take one thing at a time.** When people are under stress, an average workload can seem overwhelming. The best way to handle this feeling is to do one task at a time. Pick one project and work on it. Once you finish it, choose the next one. The feeling of accomplishment will encourage you to keep going.
1. **Get help when you need it.** It's never a weakness to ask for help. Contact your university's counseling center or a local mental health association to talk with someone about how you are coping.

For more information, contact Mental Health America of Wisconsin at 414.276.3122.

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



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