Mental well-being

We all need and want mental well-being. It is about your quality of life. Mental well-being is having the opportunity to realize your abilities, deal with day-to-day stress, have meaningful relationships and contribute to your family and community. Each small step can improve how we feel and function.

Everyday tools and tips

- **DO GOOD**: Share a kind word. Lend a hand. Volunteer.
- **PRACTICE GRATITUDE**: Write three good things about each day. Say or send a thank you.
- **SPIRITUAL & CULTURAL ACTIVITIES**: Find the good. Find your source of hope and meaning.

KEEP LEARNING: Take a class. Read a book. Develop a hobby.

CREATE TRADITIONS: Family meals. Seasonal and holiday activities.

SLEEP: Create healthy sleep routines.

EXERCISE AND NUTRITION: Move every day. Eat nourishing food.

MOBILIZE: Join others to shape work and community decisions.

JOURNAL: Try writing about your day to help make meaning of events.

ENJOY NATURE: Go for a walk. Garden. Have plants inside. Find a great view.

IDENTIFY and USE STRENGTHS: Use online tools like Values in Action, StrengthsFinder or Reflected Best Self.

For more information

www.health.state.mn.us/mentalhealth/

At the Minnesota Department of Health we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us

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