

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

- **BUILD RELATIONSHIPS:** Join a group. Help your child get a mentor. Meet with a friend. Visit a neighbor. Forgive.
- **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.
- **PRACTICE CALM:** Mindfulness. Yoga. Meditation. Guided imagery. Pet your dog.
- **SPRITUAL & CULTURAL ACTIVITIES:** Find the good. Find your source of hope and meaning.

MENTAL WELL-BEING

- **PLAY and CREATE:** Make time for play. Art. Music. Sports. Have fun!
- **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/communities/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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