

BALANCING YOUR MENTAL WELLNESS

Life is a balancing act. To be mentally healthy, first notice that you're out of balance and then do something to feel more balanced again.

Do You Feel Out of Balance? Are You...

...having difficulty concentrating, sleeping, or communicating with others?

...experiencing emotions that you have trouble naming?

...experiencing worsening relationships with peers and family?

...experiencing physical pains (like stomach aches or headaches) without explanation?

...feeling stressed more easily and often than usual?

Find Your Balance:

MINDSET

Having a positive mindset means you know you have the power to make your situation better.

HABITS

Having healthy habits means your body is ready to support you and your mind for anything that comes along.

RELATIONSHIPS

Building relationships with others that are positive and supportive is one of the best things you can do.

EMOTIONS

Being aware of your emotions and how best to manage them will help you face any challenge.



Need additional help?

Text HOME to 741741 in the US or 686868 in Canada for 24/7 crisis support.