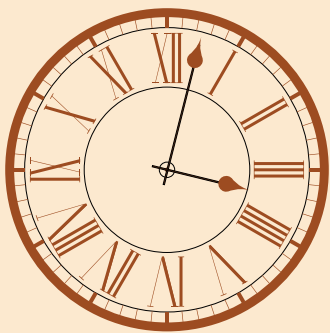


# 5 WAYS TO *Good Mental Health*

## DURING STRESSFUL TIMES



### TAKE A MOMENT

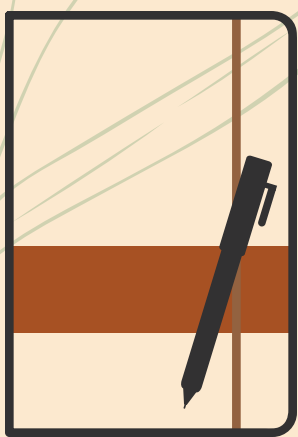
Take a moment, every day, to place things into perspective.

### ACKNOWLEDGE THE DIFFICULTY OF YOUR SITUATION

- Don't dismiss, trivialize or compare your struggle. Everyone's struggle is valid and dismissing it will not help in the long run.

### FIND SOMEONE TO TALK TO

- Find a friend or an objective listener you can share the load with.



### TAKE TIME TO BE ALONE/ HAVE AN OUTLET

While you don't want to isolate yourself for too long, alone time does allow you a break from the constant traffic of everyday life. Find something that you can zone out with for even just a few minutes of alone time.



### TAKE YOUR MEDICATION

Not only will it help keep you on track, but not taking it will actively make things harder. Set an alarm on your phone or place a reminder somewhere you know you will see it.