

# MENTAL HEALTH AWARENESS

## Importance of Mental Health

Helps to establish and maintain healthy relationships

### Improves

- Self-esteem
- Physical health
- Sense of purpose
- Ability to engage and stay focused on activities
- Ability to cope with distress and difficult emotions



## Tips to Improve Mental Wellbeing

Focus on progress over perfection



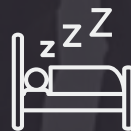
Confide in a trusted support person

Accept your feelings - they are not permanent

Write down one thing you like about yourself daily



Practice self-compassion



Utilize good sleep hygiene

