

+THANKFUL THURSDAY



DID YOU KNOW...

More than half of Americans are diagnosed with a mental illness or disorder at some point in their lifetime. Mental health isn't just your state of mind — it is also your emotional, psychological, and social well-being.

Poor mental health can negatively affect your work life as well as your social life. If you have poor mental health, you may experience productivity issues at work or feel lonely.

How can you improve your mental well-being?

Because it's such an important part of your health, it's important to focus on improving your mental health. Here are three simple ways to do so every day:

RELAX AND REDUCE STRESS	GIVE YOURSELF SOME TECH-FREE TIME	FIX YOUR FOOD, FIX YOUR MOOD
		
Go for a walk, take a bath, read a book, or sit outside.	If you catch yourself on your phone or computer too much, give yourself an hour completely disconnected from electronics and feel how refreshed you are after that hour!	A poor diet can lead to fatigue, impaired decision-making, and slower reaction time. Fuel your body with whole foods that provide you with the nutrients you need.

