How to have better
mental health

We know day to day life can be stressful. Stress can affect your mental health. Here are some tips to improve your mental health and feel balanced, happy, and healthy!

Get enough sleep. 7-8 hours a night keeps you balanced.

Have some "me time." Take at least 2 hours a week to focus on **your** needs. If you don't have a lot of time, do small activities. Start a fun hobby, have an early morning coffee before the kids wake up, get a massage, or keep a journal.

Get moving! Exercise for 20 minutes first thing in the morning, even if it's just a quick walk! Exercise makes you feel good and keeps you focused for the day.

Food affects mood. Eating healthy will help balance your mood and keep your weight down. Eat:

- Whole grains
- Lean meats
- Fruits and vegetables
- Healthy fats

Get rid of what you don't need. Take a step back and think about where you are in your life. Get rid of unhealthy things. These may be relationships, situations or day to day plans.

Ask for help. If you're feeling down, nervous or just need someone to talk to, set up a visit with us. CHN has trained social workers and mental health experts that can help you.

Talk to your CHN doctor or social worker if you have more questions!

For more information about mental health, visit us at
www.chnnyc.org!