

# Mental Health Tips & Tricks



## *Practice Gratitude & Mindfulness Everyday*

- Journal one thing you are grateful for each day

## *Eat Healthy & Drink lots of Water*

- Try to limit your “comfort foods” and focus on healthy options



## *Ensure you get Enough Sleep*

- Try and keep a consistent sleep schedule

## *Get Active*

- Find ways to exercise each day



## *Stay Connected*

- Video Calls & Phone calls are a great way to find support in others

