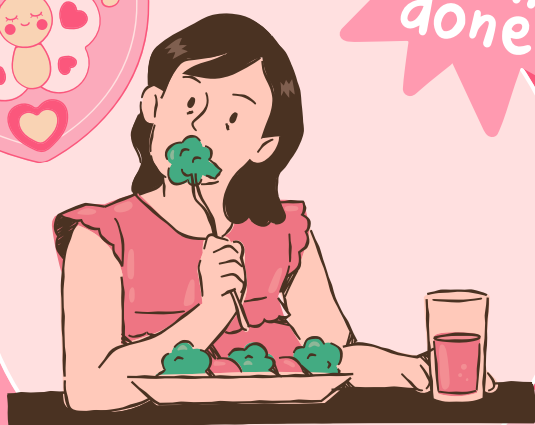


5 THINGS TO DO FOR GOOD MENTAL HEALTH

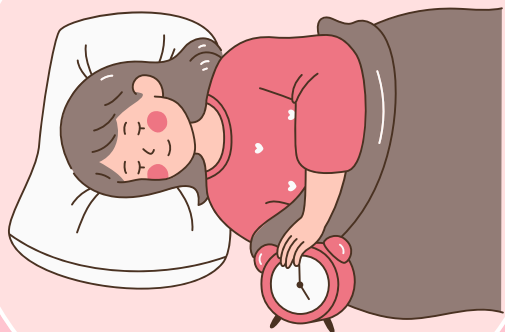


EAT WELL

Eating the right food at the right time is important and also a balanced or proper diet is essential for good mental health.

GET REGULAR EXERCISE

Regular exercise of 30 to 40 min daily can improve the serotonin levels and increase your mood, levels of happiness.

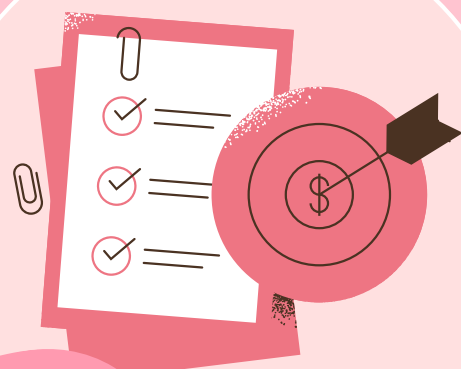


GET ENOUGH SLEEP

Try to get 8 hours of good and deep sleep daily for improved memory and better functioning of the brain, for managing stress and peace within.

MANAGE STRESS

Stress can be effectively managed by mindfulness meditation, breathing techniques and practicing yoga. It helps to control the negative thoughts.



SET AND PURSUE GOALS

Have some goals in life and focus on those goals. Work towards achieving those goals, so your mind is engaged always. It helps to be optimistic in life.

Good Job!!

Remember taking care of mental health is important as physical health