

# 5 TIPS TO IMPROVE YOUR MENTAL HEALTH

by Beth Greenwood, MD

Regional Medical Director - VP Medical Affairs



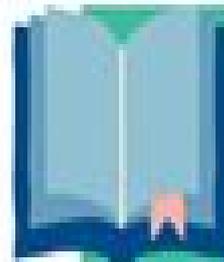
## GET OUTSIDE

Research shows that being in nature can increase energy levels, reduce depression and boost well-being.



## STAY ACTIVE

Exercise raises feel-good chemicals in the brain and improves sleep quality.



## KEEP A JOURNAL

Taking time to reflect allows us to acknowledge and work through our emotions.



## TURN OFF ELECTRONICS

Set aside time to unplug from your devices. Overuse can lead to anxiety, depression, and social isolation.



## CONNECT WITH OTHERS

Spending time with friends and family has been shown to decrease stress.

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