

5 TIPS TO IMPROVE YOUR MENTAL HEALTH

by Beth Greenwood, MD

Regional Medical Director - VP Medical Affairs



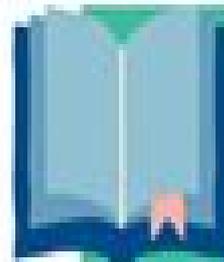
GET OUTSIDE

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.

Science Experiments Mental Health Tips 2025

Michael Rajnik



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