Tips To Improve Your Mental Health

1. Regularly connect with individuals who enhance your life and with whom you enjoy spending time.

2. Establish a consistent bedtime routine and aim to get 8 to 12 hours of sleep each night.

3. Keep your body active! Whether it's taking walks, joining a gym, or playing a sport, get moving.

4. Consume nutritious meals and snacks while steering clear of processed and sugary foods and drinks.

5. Slow down and give yourself a break. In our fast-paced lives, it's essential to take a moment to relax and unwind.

6. Head outdoors and embrace nature. Connect with Mother Earth.

HOMEBASE
For Youth By Youth