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## MENTAL HEALTH GENERAL SELF-CARE TIPS

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Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It is important to take the proper measures to ensure that you are both physically and mentally healthy.

1



### NUTRITION

During high stress periods, every bite counts!

Try to limit caffeine & sweets. Stick to carbohydrate-rich foods or vegetables, they improve your brain's stress management system.

2



### SLEEP

Adequate sleep is crucial - you feel rested & able to function at your peak.

IMPROVES: Energy, patience, tolerance; mental functioning, creativity, memory; growth, reflexes; builds immune system.  
DECREASES: irritability, emotional reactivity, lowers risk of disease.

3



### EXERCISE

Exercise helps to reduce the effects of stress, promotes relaxation, increases energy, creativity, & physical fitness.

Make stretching part of your daily routine as it releases tension & increases the flow of blood to specific areas.

4



### SCHEDULE

Planning allows us to anticipate & get excited about our lives - it gives us a sense of accomplishment from having 'designed' our life.

Organize your priorities, take breaks to help you stay on track, & know when to say enough is good enough for today.

5



### RELAX

Deep breathing can promote relaxation by interrupting your stress response.

It improves the distribution of oxygen to tissues as well as your brain, lowers blood pressure, & positively affects your mood.

6



### HUMOUR

Humour can be one of our most powerful 'coping' tools.

Laughter has the ability to reduce physical & emotional tension. It also produces endorphin, stimulates internal organs, circulation, & immune system.

7



### AVOID DRUGS AND ALCOHOL

Alcohol acts as a depressant. Try to limit alcohol to 4 drinks/week or less.

A person's mental health can be affected by external influences, one of which is drugs.

8



### CONNECT

Social connectedness & group involvement can decrease our stress as well as help to prevent burnouts.

Having people to reach out to in difficult situations, helps you feel more in control.