

Habits for Mental Wellness



Your mental health can impact everything about your life, including how you view the world and your ability to handle what the world throws at you. Building habits for better mental wellness can make a big difference. Below are some habits you can practice every week that can help nurture your mental health in a positive way.

Resources: <https://believeperform.com>



Stay Connected

Find time to connect with friends, family members, or co-workers.



Practice Self Care

Schedule activities in your week that help you take care of you.



Relax

Schedule time when you can switch off and relax your mind and body.



Exercise

When possible, stay active. Exercise is a great way to boost your mood and reduce stress and anxiety.



Set Goals

Engage in activities that provide you with a sense of pleasure and fulfillment.



Stay Present

Use mindfulness exercises to connect you to the present moment.



Coping Skills

Be proactive with your mental health. Learn, practice, and refine some new skills that can help you cope with pressure or stress.



Values

Engage in activities that provide you with a sense of purpose and that are important to you.

For more mental wellness support, contact AAH EAP!
800.236.3231
www.aah.org/eap