## <u>5 WAYS TO</u> IMPROVE YOUR MENTAL HEALTH

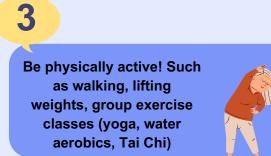
Spend time doing your favorite activities (gardening, playing games, reading)



## 2

4

Spend time outdoors and get some sun!





Spend time with loved ones!



Moon, A., & Cho, I. (2012). Psychology of Asian American older adults: Status, challenges, and strengths. In E. C. Chang & C. A. Downey (Eds.), Handbook of race and development in mental health (pp. 189–206). Springer Science + Business Media. https://doi.org/10.1009/787-1461-4024-8\_11 Older adults and mental health. Harvey A. Friedman Center for Aging. Published June 2023.

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