

5 WAYS TO IMPROVE YOUR MENTAL HEALTH

1

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



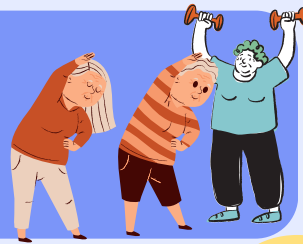
2

Spend time outdoors and get some sun!



3

Be physically active! Such as walking, lifting weights, group exercise classes (yoga, water aerobics, Tai Chi)



4

Spend time with loved ones!



5

Be involved in community activities such as:

- volunteer in your neighborhood
- be involved in faith-based programs
- join a senior center support groups

