WELLNESS CHECK UP

Take a few moments to check your mental health. Are you:

- Eating a well balanced diet, making sure your brain gets the important nutrients it needs?
- Taking time for self-care, doing things that make you happy to avoid too much stress and burnout?
- Maintaining social contacts, having at least three people whom you can confide in?
- Getting enough restful sleep?
- In a place where you feel safe, physically and emotionally?

THERE IS NO WELLNESS WITHOUT MENTAL WELLNESS!

Learn more about how to stay mentally well by visiting www.AmericanMentalWellness.org