

WAYS TO IMPROVE YOUR MENTAL HEALTH TODAY!

1. **Disconnect from the online world and log out of Social Media.** Everyday find some time to log out and do something else, you'll be surprised at how much you won't miss!
2. **Get some exercise.** Exercise releases endorphins, which help boost your mood.
3. **Mindfulness.** Mindfulness is about taking a few minutes out of your day to relax and de-stress.
4. **Get some sleep.** Your body needs sleep. Try to go to bed 30 minutes earlier.
5. **Accept what you can't control.** Stop worrying about everything you can't control and start enjoying life and experiencing new things!
6. **Talk to others.** Talking about your troubles is one of the best things you can do to help clear your mind.
7. **Practice gratitude.** Appreciate and be thankful for all that is around you, big or small!



All Spoon River College students can access on-demand medical visits and mental health services! To register, scan this code, log into your student account and click on the TimelyCare app.

You have access anytime from anywhere!

Be the Difference when it comes to Mental Health! Compliments of HEAL Student Association