



6 Ways To Boost Your Mind Health

Move

The art of moving our bodies.

Walking. Running. Swimming. Yoga. Stretching. Physical activity can make a powerful impact on your mental health, along with your heart health, memory, immune system and more.

Play

The art of being engaged in an activity, simply for enjoyment.

Whether it's a video game, a crossword puzzle, or a new hobby, do something every day that makes you smile. Taking time to play can boost your confidence, creativity, social skills, and more.

Pause

The art of slowing down and being still.

Find time to recharge your mind and your body. This includes taking brief moments throughout the day, but also prioritizing your brain and body's biggest recharging station: your nightly sleep.

Learn

The art of growing and expanding your perspective.

Never stop learning. Stay curious. Keep reading. Learn about people who have had different experiences. This can increase your empathy and capacity to understand others.

Connect

The art of self-awareness and being in community with others.

Your connections — with your friends, your community, yourself — are important and can be a valuable source of inspiration and support. Find ways to nurture those relationships in which you can truly be you.

Nourish

The art of prioritizing your needs and pouring into yourself.

It's hard to be at your best when your tank is on empty. Find ways to regularly feed your mind, body, and soul. And don't forget to hydrate!