



What healthy things can I do to feel better?

- Family activities improve mental health.
- Eating healthy can help depression.
- Creative activities can relieve stress.
- Exercise can help you feel less stressed.

Positive Parenting for All Ages

Spend time with your child
Set guidelines
Talk with your child
Encourage your child to play.

Easy Things to Do that Make You Feel Good

(Check once you have tried each of the following):

- Eat dinner with your family.
- Go on a walk as a family.
- Take a day trip to the zoo, park, or museum with your family.
- Try a new activity like drawing, painting, singing, writing, or reading.
- Take a yoga class or learn some yoga poses to do at home.
- Spend time playing outside.

10 Tools to “Live Your Life Well” :

1. Eat well
2. Connect with others
3. Stay positive
4. Get physically active
5. Help others
6. Get enough sleep
7. Create joy and satisfaction
8. Take care of your spirit
9. Deal better with hard times
10. Get professional help if you need it

Source: Mental Health America. “Live Your Life Well” Campaign.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.