


Cultivating Mental Health

Taking Care of Your S.E.L.F.

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Prevention: Taking Care of the S.E.L.F.




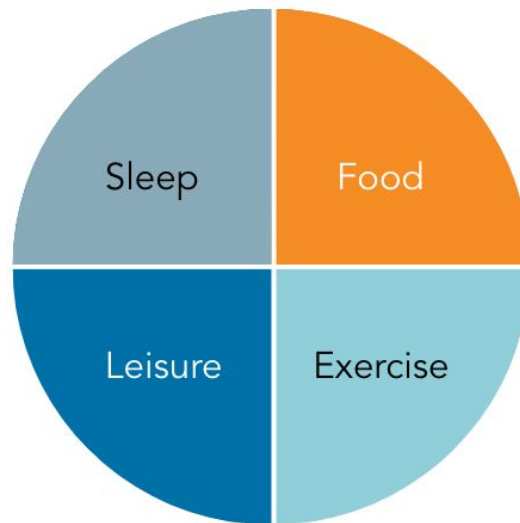
Sleep

Preschool: 10-12 hours
School Age: 9-10 hours
Teen: 8-10 hours
Adult: 7-9 hours




Food

Decrease/eliminate alcohol & caffeine
Decrease processed foods
Decrease sugars
Decrease fried foods



Leisure

Make time for fun every day
Develop a hobby/passion
Have something to look forward to
Time away from electronic devices



Exercise

Move your body at least 30-min/day
Increases energy
Improves mood
Occupies mind