**Wednesday, Oct. 5**

**Email Subject Line: Wellness Tips for Mental Health**

During the first two days of Mental Health Awareness Week we’ve talked a lot about how you can help others. Today we focus on how you can care for your mental health and wellness.

Taking momentary breaks throughout the day offers many benefits. One study stated that outdoor activities have been shown to alleviate symptoms of Alzheimer’s disease, stress, depression, and also improve cognitive functioning and creativity[[1]](#footnote-1).

Here are a few tips to help you restore your mental health, which also contributes to improved work performance and higher levels of satisfaction:

* **Get moving.** Light exercise 3 days a week improves happiness and work productivity.
* **Go outside.** 20 minutes of sunlight can help your mood, concentration and sleep.
* **Get together with friends or family.** Studies suggest that social support networks help you deal with stress and may even help you live longer.
* **Play games.** Keeping your mind active by doing things like playing new games can alleviate depression, especially as we get older.

How do you practice self-care? Share your tips with us on (INSERT ORGANIZATION NAME)’s Facebook (INSERT HYPERLINK), Instagram (INSERT HYPERLINK), Twitter (INSERT HYERLINK).

[Insert Agency/CBO Signature Line]

1. Wolf, K.L., and K. Flora 2010. Mental Health and Function – A Literature Review. In: Green Cities: Good Health (www.greenhealth.washington.edu). College of the Environment, University of Washington. [↑](#footnote-ref-1)