

# HOW TO IMPROVE YOUR MENTAL HEALTH



## 5 EASY STEPS TO STAY SAFE FROM ANXIETY & DEPRESSION

**1**

### DISCOVER JESUS CHRIST (GOD)

Spend time with God by reading the Bible, Learn to pray for peace and happiness. Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. the Bible is able to transform your life by renewing your Mind

**2**

### VALUE YOURSELF

Pay more attention to your present moment to help improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Learn to be Happy Alone. Mindfulness can help you enjoy life more and understand yourself better.

**3**

### SURROUND YOURSELF WITH GOOD PEOPLE

Good relationships are important for your mental wellbeing. can:  
Build a sense of belonging and self-worth  
Share positive experiences  
Provide emotional support and allow you to support others

**4**

### BE PHYSICALLY ACTIVE

Physical health and fitness is important. Exercising once or twice a week improves your mental wellbeing by: Raising your self-esteem, Helping you to set goals or challenges and achieve them, Do some type of physical activity every day.

**5**

### GRATITUDE

Expressing gratitude causes chemical changes in your brain which can help to positively change your mood. Gratitude will change your mindset by increasing your resilience, bolstering self-esteem, and helping you to see the positive side of any situation

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