

Mental Health Matters: A Focus on Awareness and Support

Recognizing the importance of mental well-being supports overall health and encourages awareness and healthy habits in everyday life.

Mental health plays a vital role in overall well-being, influencing how we think, feel, and handle daily life. Nearly **1 in 5 adults** in the U.S. experience a mental health condition each year, showing how **common** these experiences are. Everyday habits that support stress management and self-care can play an important role in maintaining overall well-being.

Taking small, **intentional** steps to support mental health can help build resilience and improve quality of life over time. Making time to care for your mental well-being is an important **investment in your health**, and the strategies below provide a helpful place to begin.



Stay active: Aim for at least 30 minutes of movement each day, such as walking, stretching, or light exercise to help reduce stress.

Eat well and stay hydrated: Try to include balanced meals and drink 6 to 8 glasses of water daily to support mental clarity.

Relax regularly: Set aside 10 to 15 minutes each day for a calming activity like reading, listening to music, or spending time outdoors.

Think constructively: Practice shifting negative thoughts toward more realistic, solution-focused perspectives to help manage stress.

Stay connected: Make time to check in with supportive people in your life. Reach out to at least one person each week through a call, message, or in-person visit.

SOURCES: NATIONAL INSTITUTE OF MENTAL HEALTH, THE CENTERS FOR DISEASE CONTROL AND PREVENTION