

Ways to Improve Your Mental Health



Exercise: Make your body work hard in a way that feels right to you (ie. walking your dog, jogging with a friend, playing your favorite sport, riding a bike)



Active Relaxation: Teach your body to relax by doing exercise that controls the body and releases tension (ie. meditation, yoga, deep breathing, warm shower, or bath)



Learn to identify triggers of stress and anxiety. Let areas that you cannot control go, so you can focus on the areas that you can change.



Eat well: Eat more fruits, vegetables, and whole grains, avoid skipping meals, and drink water. Also, remember to let yourself indulge in that brownie or piece of pizza! Everything is good in moderation.



Sleep well: Try to get 8-9 hours of sleep each night and keep a consistent sleep schedule.



Take an "instant vacation" from stress by reading, watching TV, listening to music, drawing, or doing any of your favorite hobbies.



Plan breaks during homework/studying. Give yourself a break!

Websites to Visit

- [Seize the Awkward](#)
- [Just Tell One](#)
- [Ten Things You Can Do for Your Mental Health](#)
- [Self-Care Exercises](#)
- [National Alliance for Mental Health \(NAMI\)](#)
- [American Foundation for Suicide Prevention](#)
- [Anxiety Network](#)
- [The Trevor Project](#)
- [Lawyers with Depression](#)
- [Lawyers with Depression - Law Schools](#)

Ways to Support Your Loved ones Mental Health

- ✓ Check in with them every once in a while!
- ✓ Watch out for signs of distress and changes in behavior. If you notice changes, ask your loved one how they have been doing and LISTEN to their response
- ✓ Be there for your friends, whether they need a shoulder to cry on or someone to make them laugh.
- ✓ Ask to do something fun with them!
- ✓ Assure your loved ones that negative feelings will pass with time and help
- ✓ Encourage loved ones to seek professional help, if needed
- ✓ Try some of these conversations starters:
 1. "How have you been doing recently?"
 2. "I've noticed that you've seem down lately. I wanted to check in a let you know I am here to talk and listen."
 3. "I wanted to check in and see how you are doing with [situation you have talked about before] and ask you if you wanted to talk about it?"

Phone Numbers

- Crisis Text Line: Text "GOT5" to 741-741
- Suicide Crisis Lifeline: Dial 988