

White January

Take care of your mind and live better!

WHAT DO YOU DO TO TAKE CARE OF YOUR MENTAL HEALTH? USE THIS NEW YEAR TO REVIEW ATTITUDES AND CHANGE HABITS IN ORDER TO BETTER HANDLE EMOTIONS.

1 in 4
people

in the world will be affected by a mental condition at some point in their lives, according to the World Health Organization.



Frequent mental health conditions:

- Depression
- Anxiety
- Bipolar Disorder
- Eating Disorders
- Schizophrenia
- Developmental Disorders

How to care for our mental health?



EXPRESS YOUR FEELINGS

Be around people who do you good and talk to them about how you feel. The support of family and friends is very important.



BE OPTIMISTIC

As hard as it may seem, try to look at the bright side in anything that may happen, and if that's not possible, work towards finding a way out or towards solving the difficult matter at hand.

RECOGNIZE YOUR QUALITIES

We all make mistakes, so try not dwell on the negatives. Focus on your strengths and accept yourself for who you are.



KEEP HEALTHY HABITS

Maintaining a healthy diet, practicing physical activities, sleeping well, not smoking, among other wellness attitudes, are essential; not only for the body, but for the mind too.



FIND OUT WHAT'S THE CAUSE OF YOUR STRESS

Try to identify what are the triggers for your stress and look for practical solutions. Do not ignore your tension.

IF NECESSARY, SEEK PROFESSIONAL HELP.