

4 TIPS TO STAY  
MENTALLY HEALTHY

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# Self Care Tips

In light of May being Mental Health Awareness Month, it is especially important as we navigate the future that we learn how to care for our mental health amidst these circumstances. Here are some important things to remember when coping and addressing your mental health.

Innovative has many programs we can connect you with to nourish your mental health. Feel free to reach out to us if you need guidance. (727)217-0022

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**01**

Pause. Breathe. Take note of how you feel and how your body feels. Practice mindfulness

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**02**

Take breaks from upsetting content on social media or TV. Shut out the noise and listen to music or do something you enjoy.

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**03**

Take care of yourself. Exercise regularly, get plenty of sleep, eat healthy and well-balanced meals and try to avoid alcohol or drugs.

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**04**

Reach out and stay connected. Check in with your friends and loved ones. Talk with people you trust about how you are feeling.

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