

MOVE

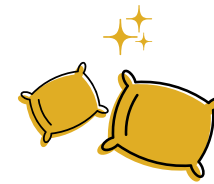


Seek out group activities and exercise opportunities in nature.



DISCOVER

Make time in your day to laugh, learn, and be grateful.



RELAX

Find moments to disconnect, forgive others, breathe deeply, and declutter your life. Get 7-8 hours of sleep.



Better Mental Well-Being

Practical Tips to Boost Brain Health for Healthier Living



NOURISH



Eat healthy foods and cut back on alcohol. Seek professional help when appropriate.



CONNECT

Build friendships and purpose filled relationships in your community through volunteer work or faith-based groups.