**Better Mental Well-Being**

Practical Tips to Boost Brain Health for Healthier Living

**MOVE**
Seek out group activities and exercise opportunities in nature.

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

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

**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.