

## North Country Community Mental Health

### 10 Things To Do For Your Mental Health

Millions of people start their New Year with resolutions to improve their well-being. This year resolve to put yourself first and keep your mental health in mind. Although the hustle and bustle often gets in the way of keeping resolutions, making your mental health a priority will help you find a positive balance in life.

The University of Michigan and the National Mental Health Association developed a list of 10 positive but simple things to do for your mental health this year. Make the effort to incorporate these tips into everyday life will help start 2010 with a positive and healthy tone.

**Value Yourself:** Many individuals are their own worst critic, treat yourself with respect and kindness as you would others and avoid self-criticism. Taking time to participate in activities and hobbies you like is important too! Whether it's taking dance lessons, painting or learning a new language, you deserve to enjoy yourself.

**Take Care of Your Body:** Staying physically healthy can help your mental health. Be sure to eat nutritiously, get enough rest, drink plenty of water and avoid cigarettes. If you feel good physically, the likelihood of depression and anxiety are significantly reduced.

**Surround Yourself with Good People:** Having a good support network of family and friends will keep you generally healthier than individuals who don't. Actively make plans with family or friends or seek out social situations where you can meet new people.

**Give Back:** Volunteer your time and energy to help others in need. It will be extremely rewarding to see the positive results of your assistance.

**Learn to deal with stress:** Dealing with stress is an unavoidable part of life. Practice good coping skills such as deep breaths, exercise, and journal writing. Also remember to smile and look for the positive things in life.

**Quiet your mind:** Relaxation exercises can help you improve your outlook on life and improve your state of mind. Meditation and prayer can be helpful in doing so.

**Set realistic goals:** Set goals for yourself personally and professionally and determine steps to help you accomplish those goals. Set your goals high, but be realistic in doing so. In making progress toward your goals you'll feel a significant sense of accomplishment.

**Avoid repetitive routines:** Although routines help make people efficient, a change in pace can perk up a tiresome schedule. Small changes in your routine can make all the difference. Try changing your exercise routine, trying a new restaurant, or planning a road-trip.

**Avoid alcohol and drugs:** Alcohol and drug use can aggravate existing problems that exist and are only detrimental to your health, both physically and mentally.

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**Get Help when you need it:** Seeking help is not a sign of weakness, but in fact shows strength. Don't forget that treatment is effective, and those who seek appropriate help often recover from mental illnesses.

North Country Community Mental Health provides services to residents of Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska and Otsego Counties experiencing a severe emotional problem, serious mental illness or developmental disability. Persons wishing to know more about the agency are encouraged to visit [www.norcocmh.org](http://www.norcocmh.org). or to access services call 800-834-3393.

Have a wonderful 2010.