



letting them control you. It's also about creating a more balanced mind-set, challenging unhelpful thinking, and learning strategies that increase positive emotions in your life.

- **Practice mindfulness.** Mindfulness means being aware of the present moment or a singular focus while having a non-judgmental attitude. Many people think only of meditation when they think of mindfulness, but there are many ways to practice being mindful throughout your day. Mindfulness helps you become more aware of your thoughts and feelings, respond to stressors intentionally rather than reactively, and feel more grounded and calm.
- **Make movement a priority.** Movement and exercise are great ways to release stress and improve mental health. There are many ways to incorporate more movement into your life, so it's important to figure out what works for you and what you most enjoy. This can include vigorous exercise that helps relieve stress, calming movement that helps you feel grounded and relaxed, playful activities that bring fun into your life, and even daily activities and chores.
- **Build lasting relationships and meaningful connections.** Healthy, meaningful relationships are essential to good mental health. This includes being your authentic self in relationships, reciprocal care and affection, strength through the support of others, a sense of belonging, and healthy boundaries.