



1. Walking

Did you know that walking at least 20 minutes every day is an essential part of caring for mental health? It helps prevent dementia, boosts energy by increasing the levels of serotonin, oxytocin, and endorphins in the brain which are responsible for emotional welfare. The brain is activated, oxygenated, and it centers on the physical activity allowing negative thoughts to decrease.



2. Resting

It helps relax the mind, improves state of mind, allows cells to renovate, prevents physical illness. Human beings need rest as it improves physical and mental performance. For those with sleep disorders such as insomnia and hypersomnia, it is important to consult a health professional.



3. Eating healthy and staying hydrated

A balanced diet with low amounts of sugars and flours and including more whole foods and rich in Omega 3 helps prevent a low state of mind, depression, and chronic diseases. The level of water consumption is essential for proper functioning.



4. Self-care and Recreation

Investing time on oneself, where one dedicates time to self-knowledge and learning to better handle emotions is key for mental health. Our surrounding environment influences our mental health and our tools to handle adversity and complicated situations. Controlling stress also helps and it decreases the risk of contracting any other type of illnesses.



5. Having a support network

Knowing who we can talk to and when to ask for the necessary help is essential during adverse situations. It is very important to learn to recognize when our thoughts are negative and attack our state of mind, that way we can talk to someone we trust who can help us find a trained professional in these matters. Take into consideration that our support network can always include our church leaders. Ministering is a functional tool in caring for our emotional and mental health.

How to identify if I need help

1

Sleep problems

2

Difficulty maintaining a conversation

3

Difficulty focusing

4

Inability to function properly

5

Aggressiveness, anger, and loss of control over emotions

6

Addiction and compulsive behaviors

7

Drastic variations in state of mind

8

Isolation

"...if the billowing surge conspire against thee; if the heavens gather blackness, and all the elements combine to hedge up the way...know thou, my son, that these things shall give thee experience, and shall be for thy good".

– Doctrine and Covenants 122:7