

MENTAL HEALTH HABITS

WHY MENTAL HEALTH?

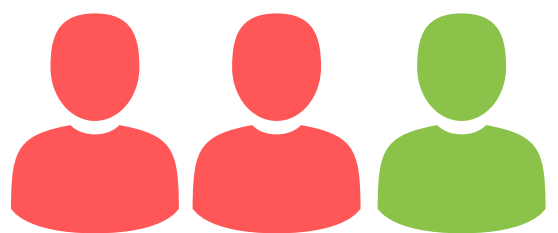
With a growing awareness of mental health, many are finding the importance of finding a balance between physical health and mental health. As our society evolves and grows, mental health is a growing concern to improve and maintain a happy and healthy lifestyle

HERE ARE SOME KEY STATISTICS

SOURCE: [HTTPS://WWW.WHO.INT/WHR/2001/MEDIA_CENTRE/PRESS_RELEASE/EN/](https://www.who.int/whr/2001/media_centre/press_release/en/)



**450 MILLION PEOPLE
WORLDWIDE SUFFER
FROM MENTAL
ILLNESS**



**2/3 OF PEOPLE WITH
MENTAL DISORDERS
DO NOT SEEK HELP**



**UP TO 60% OF DEPRESSION CASES
CAN RECOVER WITH THE RIGHT
TREATMENT**

With growing numbers, it is ever more important to maintain a good mental health status, alongside our physical health

Like exercise, remember that consistency is key!

HERE ARE SOME THINGS YOU CAN DO



EXERCISE

it is common advice to have regular exercise daily. Exercise helps regulate hormones, improve sleep, and many more benefits! Hormones are important as they also regulate mood

As an added benefit, many find relief in breaking a sweat as it leads to release of stressors.

MINDFULNESS

For some, the habit of reflection and being aware of their emotions can be a great help in keeping in check.

Like exercise, consistent acts of mindfulness keeps us in check with our body's condition, while identifying internal conflicts



TRY THIS!

In your free time, reflect on:

1) What are the events that happen today?

2) I am grateful for.....

3) Tomorrow, I can.....

NUTRITION

" You are what you eat"

Having a balanced diet is crucial in sleep, energy levels, and even mood in some cases.

Dieting may be a drag to some but being aware and customising diets for your needs can be a huge help!



STAY CONSISTENT, STAY HEALTHY