

# 5 TIPS TO BOOST YOUR MOOD

Did you know that mental health concerns such as depression and anxiety can lead to premature death? In fact, some people can die as much as two decades earlier as a result.

While the right combination of medication and psychotherapy can often help to relieve or treat symptoms of anxiety and depression, a good self care routine is also helpful. Here are 5 tips to boost your mental wellness:



## Get a handle on your finances

Finances are one of the biggest stressors we face as humans. If you're worried about money, regaining some control over your finances can help ease some of your worries. Helpful strategies include repaying smaller, more attainable debts, or refinancing your mortgage if you're a homeowner.

1



## Get good quality sleep

Sleep deprivation goes hand in hand with anxiety and depression. You can optimize sleep quality by avoiding caffeinated beverages after 3 pm, limiting daytime naps to a maximum of 30 minutes, following the same sleep schedule every day, and relaxing with a gentle yoga class or guided meditation before heading to bed.

2



## Get a nutrition boost

Some foods, for example, carrots, bananas, beans, beets and avocados have been shown to alleviate symptoms of depression. Many of these mood boosting foods can be easily incorporated into smoothies, salads, sandwiches, veggie burgers, and other delicious, easy-to-prepare meals.

3



## Get some exercise

Exercising can help your body produce feel-good hormones that protect your mind and promote healthy thought patterns. Just 5 minutes a day can be enough to put a little happier spring in your step, so don't be afraid to start small.

4



## Get some positive vibes

While tech can add to your mental well-being, sometimes it can also detract from it. To boost your mental health, it's also important to step away from social media if you're already feeling self-conscious. Instead, open up to your loved ones when you're struggling with insecurities, and surround yourself with positive, health-conscious individuals who can help you to achieve your wellness goals.

5