



Know the Facts: Improve your mental health every day

Try the following tips to help plan a week that will leave you feeling good, inside and out. If you are receiving treatment for a mental health problem, these tips can help you manage your illness.

Sunday: Relax. Try taking a walk or reaching out spiritually through prayer.

Monday: Make a plan. Decide what tasks you need to complete for the week and make a plan for when and how to do them. If you feel you are too busy, decide what can wait a week or two.

Tuesday: Make time to be with supportive people. Make plans with family members and friends, or seek out activities and meet new people.

Wednesday: Take care of your body. Taking care of yourself physically can improve your mental health. Be sure to eat healthy meals, avoid cigarettes, drink plenty of water, get enough sleep and exercise regularly to relax.

Thursday: Give of yourself. Volunteer to help someone else.

Friday: Broaden your horizons. Try new things; read, walk or eat a new vegetable. Explore a new hobby, plant a garden, plan a road-trip, try a new restaurant, take dance lessons, or learn to play an instrument or speak another language.

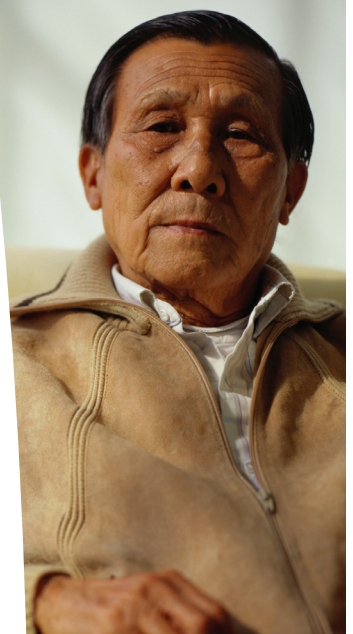
Saturday: Value yourself. Treat yourself with kindness and respect, and avoid self-criticism.

To learn more, contact your local community mental health center, or call the National Mental Health Association at 1-800-969-NMHA (6642).

**Call 1-888-545-1710 to speak to a nurse 24-hours a day
or visit www.WYHealthyTogether.com**

Disclaimer: Information or education provided in this fact sheet is not intended to replace medical advice from your healthcare provider. The information provided on this fact sheet is not all-inclusive of this topic.

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.



Taking care of your mental health is just as important as it is to take care of yourself physically.

