The Big 5 (+1) for Mental Health

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.

Reduce Substances bodies agree that lowering intake of substances such as alcohol and drugs goes a long way for building strong mental health. health. a long way for building

torative Sleep Sleep has numerous mental health benefits, including helping to retain new information and manage emotions. During deep sleep our brain even cleans ested brain is an effe

physical Activity

One of the best ways to manage stress is to get active. Physical activity can also play an important role in mental health treatments.

Helping Our

Helping out through big or small actions can reduce stress and improve mood - good for us and good for them!

others helps you

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cial Connections

Good quality relationships and a reliable support network can help us live fulfilling lives and cope better when challenges arise. Pains are better toget

healthy Eatino

A wellbalanced diet gives our bodies and brains the power and nourishment they need. Healthy eating is about keeping our bodies and brains strong for now and for the $e_{Jourbody, fuel y^0}$

The Big 5 (+1) are interconnected. Making improvements in one area often helps with the others too!



