The Big 5 (+1) for Mental Health

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

1. Healthy Eating
   - What’s good for your bicep, is good for your brain
   - A well-balanced 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 future.

2. Social Connections
   - Brains are better together
   - Good quality relationships and a reliable support network can help us live fulfilling lives and cope better when challenges arise.

3. Helping Out
   - Helping others helps your brain
   - Helping out through big or small actions can reduce stress and improve mood - good for us and good for them!

4. Restorative Sleep
   - Sleep has numerous mental health benefits, including helping to retain new information and manage emotions. During deep sleep our brain even cleans itself!

5. Physical Activity
   - What’s good for your bicep, is good for your brain
   - One of the best ways to manage stress is to get active. Physical activity can also play an important role in mental health treatments.

(+1) Reduce Substances
- Brains and bodies agree that lowering intake of substances such as alcohol and drugs goes a long way for building strong mental health.

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

Learn more at MentalHealthLiteracy.org