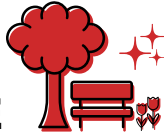


## MOVE

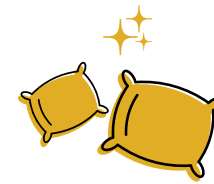


Seek out group activities and exercise opportunities in nature.



## DISCOVER

Make time in your day to laugh, learn, and be grateful.



## RELAX

Find moments to disconnect, forgive others, breathe deeply, and declutter your life. Get 7-8 hours of sleep.



# Better Mental Well-Being

Practical Tips to Boost Brain Health for Healthier Living



## NOURISH



Eat healthy foods and cut back on alcohol. Seek professional help when appropriate.



## CONNECT

Build friendships and purpose filled relationships in your community through volunteer work or faith-based groups.