

DAILY TIPS FOR PEACE OF MIND



- ✓ Stay physically active
- ✓ Connect with family and friends
- ✓ Get enough quality sleep
- ✓ Spend time in nature or a quiet place
- ✓ Show kindness to yourself and others
- ✓ Think of things for which you are grateful
- ✓ Try a breathing exercise or meditation
- ✓ Listen to music that moves you
- ✓ Engage in activities that nourish your soul

**TAKING CARE OF YOUR
MENTAL HEALTH
IS JUST AS IMPORTANT AS TAKING
CARE OF YOUR PHYSICAL HEALTH**

NEED HELP?

2-1-1

Mental Health America
mhanational.org

● Call 211 or go to 211.org

● National Alliance
on Mental Illness
nami.org

For more resources:

merrellfamilyfoundation.org

MERRELL FAMILY FOUNDATION

Mission: To measurably improve overall mental health in our communities through support of brain health initiatives, education on suicide prevention and awareness to erase the stigma of mental illness.



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