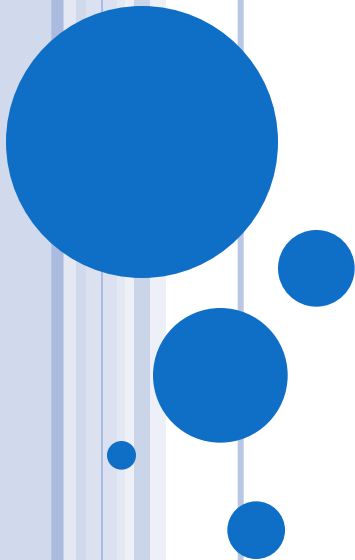


**TRY THESE HEALTH TIPS FROM SHEPHERD CENTER'S
NEUROREHABILITATION PSYCHOLOGY DEPARTMENT
FOR
NATIONAL MENTAL HEALTH
AWARENESS MONTH!**



CREATE A LIFESTYLE MANAGEMENT PROGRAM!

➤ Mind

- Talk Positive
- Reframe your situation in a different light!

➤ Spirit

- Prayer
- Meditation
- Social Support



➤ Body

- Relaxation exercises
- Biofeedback
- Yoga, stretching & other exercise
- Healthy eating
- Proper Sleep
- Massage- Even self massage can be soothing
- Recreational activities



EXERCISE TO MIND YOUR HEALTH

- Physical activity can make you happier, healthier, and calmer.
- Improves physical problems (e.g., diabetes, high blood pressure, high cholesterol).
- Decreases risk of coronary heart disease, stroke, and various cancers.
- Increases energy and libido.
- Improves mood and boosts creative thinking.
- Combats depression and anxiety.
- It only takes about 5 minutes of exercise to feel a positive mood effect (e.g., feel happier after a stressful day).



HOW TO BEGIN EXERCISING

- Make it **purposeful** (e.g., walking the dog, biking to work, gardening, home improvement)
- Use **positive self talk** (e.g., tell yourself, “I’m just going to walk for 2 minutes.”)
- Make it a **priority** of your regular routine (e.g., exercising at the same time everyday or same days every week helps maintain consistency).
- Make it **fun** (e.g., if you hate exercise but love to dance, take a dance class).



INCORPORATING EXERCISE

- Exercise **with others** (e.g., get family and friends involved by taking a walk in the evening)



- **Start gradually** (e.g., set small attainable goals like walking 10 minutes, 3x per week).

- **Commit** to the long haul (e.g., make exercise about health not weight, get children involved, make exercise a natural part of your family's lives).



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



SLEEP: ESSENTIAL FOR PHYSICAL & MENTAL HEALTH

- Avoid **napping** during the day.
- Avoid **stimulants** such as caffeine, nicotine, and alcohol, especially close to bedtime.
- **Exercise** promotes good sleep.
- **Food** before bedtime can disturb sleep.
- Get lots of **natural light**.
- Generate a **regular and relaxing** bedtime routine.
- Avoid watching **TV, reading or working** in bed. Use the bed for sleep.
- Create a **pleasant** and relaxing sleep environment.

