

Top 10 Mental Health Tips for Living With Neurological Conditions

1. Practice good self-care. Sleep, exercise, and eat well, to restore your mind, body, and spirit.
2. Communicate and manage your needs. Nobody can read your mind. Advocate for yourself. Never be afraid to speak up for your physical, emotional, and spiritual health
3. Create a circle of support. Friends, family, support groups, and your therapy team can all support your healthy living.
4. Pay attention to your mental health. If you need help, or are having symptoms of anxiety, depression, sleep problems, or grieving, seek help from a counselor or psychologist.
5. Focus on learning what you *can* do, not what you can't.
6. Challenge yourself to try new things.
7. Get involved. Contribute to your community, government, research, therapy, and loved ones.
8. Be in the here and now. Take a moment each day to notice all of your senses.
9. Caregivers need to be healthy too. Practice good self-care, seek and accept help from others, maintain facets of your own life, express difficult emotions, advocate for yourself.
10. Do kind things for yourself and others.