

Your mental health matters

# Destressing at Home

Relaxing the mind and body can ease stress, helping to relieve anxiety, depression, and sleep problems.

**If you are feeling anxious try taking slow, deep breaths.**

**Go for a walk outside to get fresh air and sunshine.**

**Practice good sleep habits to improve your energy**

**Decrease caffeine intake and try to eat healthy.**

**Exercise regularly, including cardio, yoga, or strength**

**Step away from the TV, your phone, and other electronic devices.**

**Find a creative outlet or hobby to take the mind off of stressors.**

**Keep a journal of stressors, as well as what brings you joy each day**

Source: National Alliance on Mental Health (<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Taking-Care-of-Your-Body/Managing-Stress>)

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

