



WAYS TO MAINTAIN MENTAL HEALTH



DO WHAT YOU CAN AS YOU CAN



PRACTICE
SELF-CARE



GET SOME
PHYSICAL
ACTIVITY



REACH OUT TO
FAMILY AND
FRIENDS FOR
SUPPORT AND HELP

EAT REGULAR
MEALS

FIND
ACTIVITIES
THAT HELP
CONTROL
STRESS
(IE.
MEDITATION)

STICK TO A
SLEEP
SCHEDULE

To Be Honest

A PROGRAM OF MOMENTUM FOR HEALTH

WWW.TOBEHONEST.TODAY