



Mental Wellness Tips

Rest

Create a sleep routine that includes activities that will tell your body and brain you are preparing for a full night of sleep.

Adults on average need 7-10 hours of sleep per night.

Move

Exercise is a great way to manage stress, increase mental sharpness, sleep better, increases energy, & build resiliency.

30-minutes of exercise daily is recommended for adults.

Connect

Meaningful relationships with others boosts mood, builds self-esteem, and reduces stress levels.

Spending time with friends/family, joining a club/group, & volunteering.

Consume

Eating nutritious foods lead to having a healthy gut, which promotes production of neurochemicals that regulate mood.

Limiting the amount of processed foods, tobacco, and alcohol is a great start!

Kindness

Using positive self-talk, positive affirmations, and meditating lead to overall better mental/physical health.

Start by taking a few moments each day to list 3 things you are thankful for.

Practice

Choose one thing to work on to improve your mental wellness. When you try to change too much at once it creates stress.

Set an achievable goal centered around the one area you would like to improve.

If you have any questions or would like to talk with a counselor about mental health, please contact Amber Kosloske, MS at: (719) 755-2158 or ajk@convenientcoloradocounseling.com