

Simple ways to improve your Mental Health



Be mindful of the present moment

Exercise regularly and spend time outside



Write down something you are grateful for



Sleep 7-8 hours per night



Tell yourself something positive

Consume nutrient-dense meals and snacks



Disconnect from your devices

Use your creativity



Know someone who is struggling?

SAY
This

NOT
That

- + I'm here for you.
- + You're not alone.
- + I care about you.

- Just snap out of it.
- Life's not fair. Deal with it.
- You're being too sensitive.

SOMETIMES
asking for help is
THE BRAVEST
move you can make

Visit
YouLiveWell.Coastal.edu
for more resources!

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Contact us !

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