



"Every change paves the way  
for healing and growth"

# MENTAL HEALTH AWARENESS

## Prioritize Your Mental Health

### Facts and Tips for Maintaining Good Mental Health



More than 1 in 5 U.S. adults experience mental health challenges each year.



Roughly 77% of adults experience stress that directly impacts their physical health, yet many adapt to it as a baseline norm rather than addressing it.



nearly 63% of adults identifying as "people pleasers" who routinely sacrifice their own limits to avoid letting others down.



Connect with others. Social support can be crucial in managing stress and maintaining good mental health. Make time for family and friends, and participate in activities that you enjoy.



Take care of your body. Physical health and mental health are connected. Exercise regularly, eat a balanced diet, and get enough sleep.

Taking care of your mental health is just as important as taking care of your physical health. Prioritizing your mental health can improve your overall quality of life.