



World Mental Health Day (10/10) – 5 Points To Keep Your Head On Track.

5) **Eat Well:** By eating well I don't mean comfort eating. Eating fresh and unprocessed foods give you the nutrients you need to keep your muscles strong, your heart healthy and your hormones in balance.



4) **Keep The Partying To A Minimum :** It's easy to remember the fun you have partying but how easy do you forget the hangover or comedown. If you were blue before, the week or two after a bender can be brutal. Know that if you are super down or depressed its symptomatic of the partying.



3) **WALK** – Probably one of the most underrated thing EVER! Going for a 15 minute walk gets positive chemicals flowing in your head...regulates your breathing and gets you UP!



2) **Do something you LOVE/are good at or passionate about learning** : If you can find this passion... a club, a sport.. you will find your people , right there.. for me , its SKYDIVING!!



1) **EXERCISE IS MEDICINE:** Ultimately, research proves time and time again that as soon as you start moving your body and exerting energy, albeit from a gym workout, swimming, yoga, weight training, dancing.... Your body responds with really amazing hormones that make it almost impossible to be down... 30 mins a day is all you need!!!

