

MENTAL HEALTH AWARENESS MONTH

MAY 2023

2022-2023 Tennessee 4-H Healthy Living Ambassadors

May is Mental Health Awareness Month with the University of Tennessee Extension! Mental health is an important part of your overall health. It includes our emotional, social, and psychological well-being. It affects your actions, thoughts, and feelings. Because mental health determines how we handle stress, make healthy choices, and our relationship with others, it is important in every stage of life.

How can you protect your mental health?

Stay active. Get moving for at least 150 minutes per week.

Eat nutritious, balanced meals.

Giving your body the proper nutrients will help with your mental health.

Talk to others. Talk with people you trust about your concerns and how you are feeling, and check up on your friends as well.

Get enough sleep. It is recommended for teenagers to get 8-10 hours and adults to get 7-9 hours of sleep every night.

