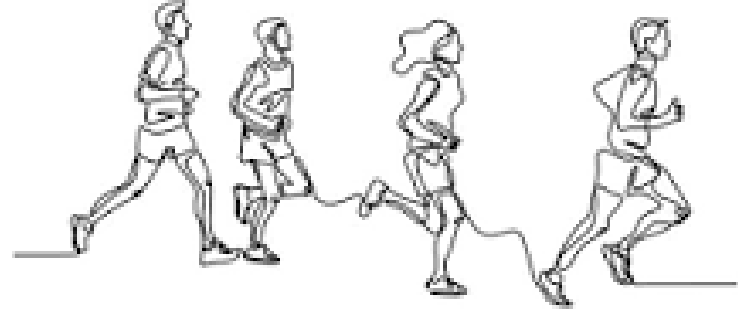


5 Steps to get your brain health and emotional health higher

1 Get physically and mentally active!

Going for a run or a walk and being outdoors improves mental health and has lower rates of mental illness to individuals that stay active physically and mentally. To stay mentally active find a hobby, anything you have interest in but never thought you could do.

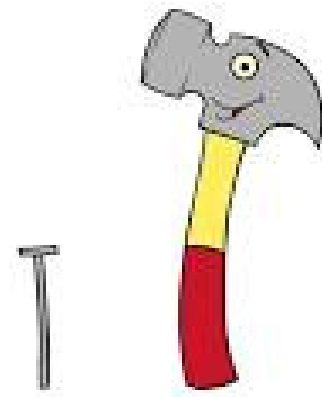


2 Building new connections!

Building new connections with people can help increase your mental health, can help manage stress, anxiety and depression better, and can promote healthy eating habits and sleep.

3 Try New Things!

Trying new things can greatly increase your emotional wellbeing, boost brain power, improve memory and helps build confidence by showing your brain that new stuff might be scary but you can still do it.



4 Give to others!

Giving to others will increase brain health because doing a good thing makes you feel good inside and the releasing of the dopamine in our brain allows your body to feel satisfaction, pleasure, and motivation.

5 Be Mindful!

Mindfulness? What is it? Being mindful is the thought and motion that you can connect with anything or anyone around you, being self-aware of yourself and being there for others in case they need to talk. This is a great way to promote brain health because it touches on all of these other subtopics.



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