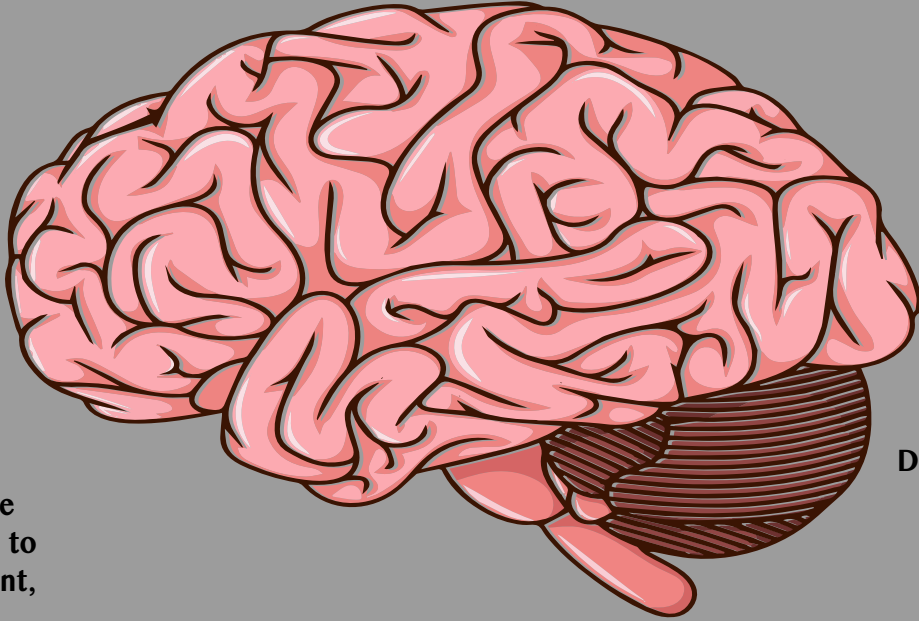


# WAYS YOUR PHYSICAL HEALTH IS CONNECTED TO YOUR MENTAL HEALTH



1

### NUTRITION

Eating a diet rich in nutrients such as omega 3 fatty acids can limit depression, and anxiety. By helping regulate hormones.

2

### HYDRATION

Not having adequate water intake can lead to cognitive impairment, and mood changes.

3

### SOCIAL WELL-BEING

Social interaction can improve emotional wellbeing, which can ward off emotional eating and depression.

4

### SUBSTANCE USE

Alcohol and other substance might be used to self medicate depression. Can be causing the depression and anxiety to increase

5

### SELF CARE

Take time to evaluate personal feeling and mood. Find activities to help boost moods and feeling, to limit on set depression or anxiety

### EXERCISE

While exercising your body will release hormones that ward off stress, depression, and anxiety. With regular exercise you can also help improve your mental health

7

### ILLNESS

Depression and chronic illness and have a relationship. Many of those who have chronic illness also have depression and depression can cause chronic illness in some individuals

6