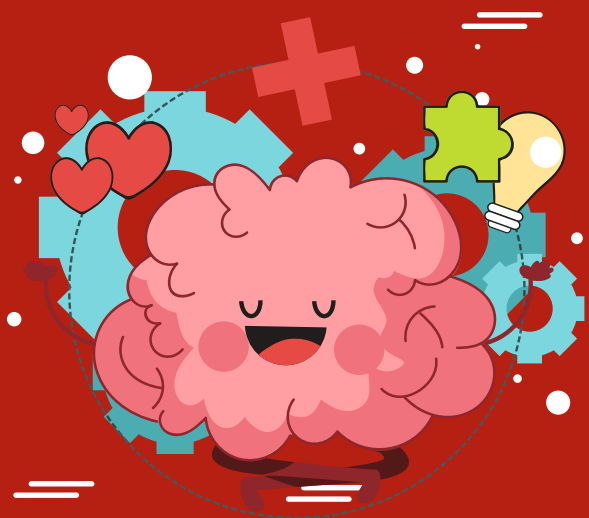


**MENTAL ILLNESS CAN HAPPEN TO ANYONE**

# REACH OUT!!!

MENTAL HEALTH IS **TREATABLE**

## STEPS TO BOOST YOUR MENTAL WELLBEING



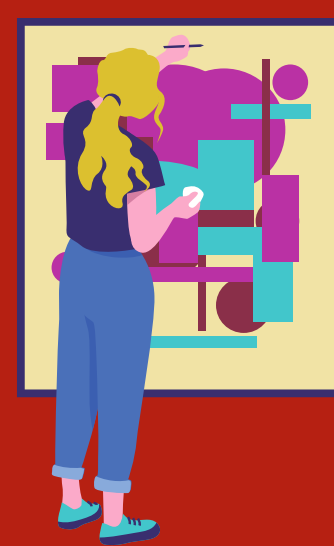
Maintain a healthy body, it contributes to greater emotional well being and positivity.



Learn to enjoy everyday live by learning and discovering new things.



Exercise regularly and get engaged in some sports daily.



Manage your stress levels by engaging in some creative hobbies.



Learn to balance between your daily work and rest properly.



Develop a healthy spiritual life.



Develop a healthy social circle.



Learn to manage your time and plan your life.



Maintain a positive attitude.



Avoid getting addicted to drugs, alcohol and the internet.

**National Mental Health Program**  
Department of Health & Family Welfare  
Nagaland, Kohima

