Simple ways to improve your Mental Health

- Be mindful of the present moment
- Exercise regularly and spend time outside
- Write down something you are grateful for
- Sleep 7-8 hours per night
- Tell yourself something positive
- Consume nutrient-dense meals and snacks
- Disconnect from your devices
- Use your creativity

Know someone who is struggling?

SAY THIS

- I’m here for you.
- You’re not alone.
- I care about you.

NOT THAT

- Just snap out of it.
- Life’s not fair. Deal with it.
- You’re being too sensitive.

Sometimes asking for help is the bravest move you can make.

Visit YouLiveWell.Coastal.edu for more resources!

Follow us on social media!

@livewellccu @ccufoodcrew
@wallypondccu @ccushore

Contact us!

LiveWell Office
LJSU B202
livewell@coastal.edu
843-349-4031