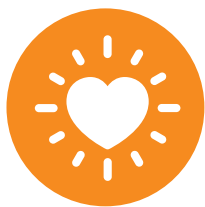


# Everyday Well-Being

Our brain and body are connected, and the wellness of each affects the other. Here are some ways to help cope and thrive.

## Connect

Stay in touch with friends and family—in person or virtually. Find time to share feelings and make time to do things together. Remember the good times and experiences. Make some new memories. Enjoy the world with others!



## Sleep

Healthy sleep is critical for your body and mind. If you have things on your mind that are keeping you awake, try writing them down before bed. Put down your phone and stop looking at screens an hour before bedtime.



## Talk

It's good to talk about mental health struggles. It could mean talking with a friend or family member, or with your doctor or a counselor. It's OK to not always feel OK. But if it becomes too much it's time to seek help.



## Eat

A healthy diet is good for your body and mind. Try to eat a well-balanced diet. Introduce more fruit and vegetables (especially vegetables). Try to avoid pre-packaged and processed foods. Drink water!



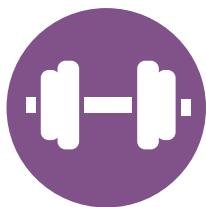
## Breathe

A short period of calm can change your whole day. It might come from mindfulness, meditation or prayer, but finding time to step away from the business of daily life can strengthen your brain to cope better with stress.



## Exercise

It can be a challenge to fit a regular exercise plan into your life. But it is so worth it! Regular exercise will help your body and your mind. You'll move better and you'll feel better.



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