

# Mental Health: We ALL have it!

Four Ways to Maintain Mind-Body Balance

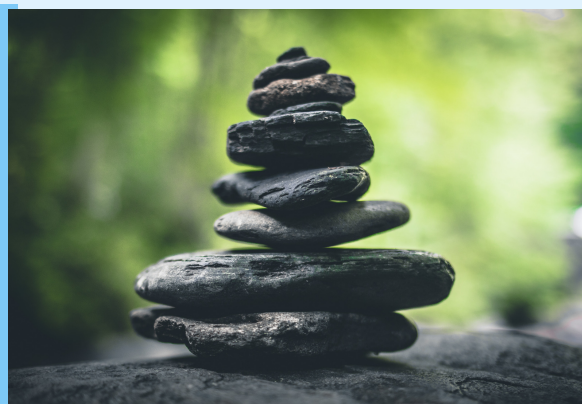


## Social Connections & Recreation

Finding other people to relate to and doing healthy things that brings you enjoyment are great ways to improve your mood and overall mental health

## Work- Life Balance

Work allows you to provide for yourself and your family while also serving a purpose in the community, but when it takes over your life, it can negatively affect your health



## Humor

Finding humor in the circumstances of life can lift moods with laughter and help people to better deal with and overcome difficult experiences.

## Spirituality & Religion

Regardless of whether you rely on meditation, yoga or religion, caring for your soul is an important part of taking care of yourself that can improve physical and mental health along the way.



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