

November, 2021

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<https://www.nami.org/getattachment/Extranet/NAMI-State-Organization-and-NAMI-Affiliate-Leaders/Awareness/AKA/Mental-Health-Fact-Sheets/Maintaining-a-Healthy-Lifestyle.pdf>

<https://ptarmiganconnections.com/the-health-connection/>

Maintaining a Healthy Lifestyle

Mental health is part of overall health. Just like we can't be well without good mental health, we can't be healthy if we neglect the rest of our body. When dealing with a mental health condition it can be easy to fall into a rut, relying solely on medication or therapy to be your cure and forgetting to take good care of your body. However, paying attention to lifestyle choices is important for recovery as well.

Getting Active

Engage in any type of physical activity for at least 20 minutes a day. It doesn't matter the type of activity— what matters is to do it. Studies have shown that exercise can reduce anxiety and depression and improve mood, self-esteem and cognitive function.

Become Mindful

Mindfulness can simply be translated to "self-awareness." It is the process of focusing the mind, body and soul on what is being sensed in this moment, and it gives you the insight to observe and understand negative feelings from a distance.

Eating Healthy

A healthy diet emphasizes having the appropriate portions of fruits, vegetables, whole grains and low-fat or fat-free milk products and should include lean meats, poultry, fish, eggs, beans and nuts. Fats and sugars should be limited. People experiencing mental health conditions in particular should aim for a diet low in refined sugar as research has shown that a diet high in refined sugar is associated with worsening symptoms.

