

# Mental Health Matters



## 10 Tips to Boost Your Mental Health This Fall

### Value Yourself

Treat yourself with kindness and respect. Negative self-talk can affect us in many damaging ways. Learn to notice when you're being self-critical so you can begin to take steps to stop.



### Practice Gratitude

Make time every day to be thankful for the good things in your life. Think about what you are grateful for and write it down in a journal. Practicing gratitude can help you to see your life differently.



### Keep Active

Regular exercise can boost your self-esteem and help you concentrate, sleep, and feel better. All of which provide significant benefits towards improving your mental health.



### Take a Break

We all need to take time to slow down and relax. It is a big part of managing stress and enjoying our lives. A few minutes can be enough to de-stress you. Give yourself some 'me time'.



### Set Realistic Goals

Write down the steps you need to realize your goals. Be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment as you progress toward your goal.



### Ask for Help

Asking for help is a sign of strength, not weakness; it's easier to deny you have a problem than it is to make an effort to fix it.



### Develop Coping Skills

Knowing what triggers your stress and how to cope is key to maintaining good mental health. If you break down your worries and write them down, you may start to realize that they are manageable.



### Work Your Strengths

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.



### Eat Well

A diet that's good for your physical health is also good for your mental health. Snack on fresh food, and cut back on salt, sugar, and fat.



### Disconnect

Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun without distraction.

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