



# 12 Mental health boosters

Taking care of your mental health doesn't have to mean big changes or complicated routines. Sometimes, the simplest activities can have the biggest impact. Whether you have five minutes or an afternoon, these 12 easy-to-do practices can help boost your mood, reduce stress and support overall wellbeing. Try a few and see what feels best for you—your mind will thank you!



## Exercise

Daily exercise boosts mood, reduces anxiety and improved sleep quality consistently.



## Meditate

Mindfulness helps you observe thoughts without judgment, break worry cycles and lower anxiety.



## Connect

Strong social bonds improve mental health and build resilience during tough times.



## Breathe

Controlled breathing reduces stress by turning on the body's natural relaxation response.



## Eat & Drink

A balanced diet and good hydration support brain function and prevent mood swings.



## Give Thanks

Daily gratitude practice shifts focus to the good, boosting mood and personal connection.



## Build Routine

Daily routines provide stability, fewer decisions, making time for valuable self-care.



## Go Outside

Nature immersion reduces stress, boosts mood and eases mental health symptoms.



## Sleep

Quality sleep lowers anxiety and depression via consistent schedules and proper sleep hygiene.



## Set Goals

Meaningful goals boost confidence and drive progress toward bigger achievements.



## Manage Time

Good time management reduces stress by letting you focus on your real priorities.



## Journal

Journaling lowers stress, boosts self-awareness and problem-solving skills.



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