



# April Spring Cleaning

## *Mental Hygiene Edition*

### WHAT IS MENTAL HYGIENE?

Mental health is more than dealing with difficult events. The idea of mental hygiene is that taking care of your mental well-being can prevent physical and emotional distress and lead to a fuller, more integrated life. Plus, you can develop tools to be better prepared for future life events.

### EVIDENCE BASED MENTAL HYGIENE PRACTICES

- ✿ **Connect with others and focus on the quality of your relationships.** As human beings, close relationships regulate our physical and emotional well being.
- ✿ **Prioritize rest and creating healthy sleeping habits.** Getting enough sleep helps your body recharge and repair, gives your mind a break and can improve your overall mood.
- ✿ **Recognize when you are being critical & practice kindness to yourself and others.** Harboring a spirit of kindness can boost chemicals in your brain associated with happiness and is linked with positive physical health outcomes.
- ✿ **Take up meditation or practice deep breathing once a day.** Regular meditation or deep breathing has been shown to physically grow brain matter which is beneficial for physical and mental health.

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**OR TEXT WELL TO 65173**

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