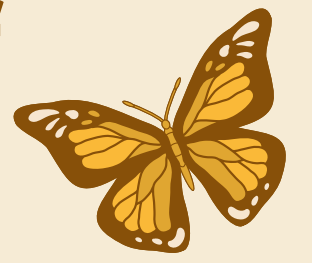




# Tips to Transform Your Mental Health in the New Year

## Change the way you speak to/about yourself



Make a promise to never insult yourself.

If you goof up, compassionately correct the negative statement out loud.

Stop speaking negatively about yourself and watch your internal world transform!

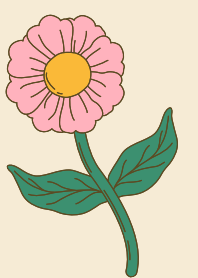


## Do more of what you love

What sets your soul on fire? Can you consciously make time to engage more in activities that spark joy? We can all be guilty of "being too busy," but find time to pencil-in time for "play" and notice how reenergized you may begin to feel.

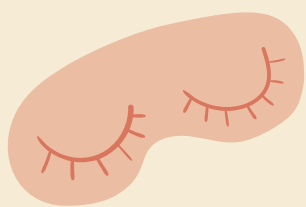
## Make face-to-face social connection a priority

Humans are social, connective beings. Few things in life can beat the stress-relieving, mood-enhancing power of quality face-to-face time with other people, especially the people you care about and the people who energize you.



## Eat a healthy diet to support your mental wellness and don't skimp on sleep

- Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews, and peanuts), avocados, beans, leafy greens (spinach, kale, and Brussels sprouts), and fresh fruit such as blueberries.
- Sleep is your body and mind's best way to recharge and rejuvenate. Take a break from the stimulation of screens (TV, phones, tablets or computers) in the hours before bedtime. Consider reading or listening to relaxing music instead.  
Create a new, calming nighttime routine.



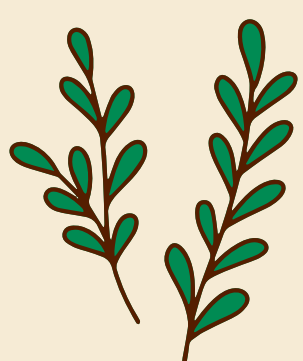
## Stay Active



Regular exercise is as good for the brain as it is for the body.

Physical activity can have a huge impact on your mental and emotional health.

It can relieve stress, improve memory, and help you sleep better!



## Seek help if you need it

You are not alone. If you or a loved one needs support, there are many programs and resources that are available to you.

Reaching out for support when things feel hard is a sign of great strength and courage.

**NYC Well: 1-888-NYC WELL (692-9355) or text WELL to 65173**  
**Hudson Guild Mental Health Counseling Services: (212)-760-9822**