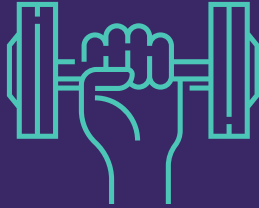


# TIPS FOR BETTER SLEEP

**SLEEP & WAKE AT THE SAME TIME DAILY**



**EXERCISE REGULARLY**



**EAT A BALANCED DIET**



**EXPOSURE TO MORNING & AFTERNOON SUN**



**AVOID DAYTIME NAPPING**



**LIMIT CAFFEINE & ALCOHOL**



**PRACTICE MEDITATION**



**STAY HYDRATED**



**STICK TO A WINDOWN ROUTINE**



**DIM LIGHTS 30MINS-1HOUR BEFORE BED**



**AVOID SCREEN TIME BEFORE BED**



**LOWER THE TEMPERATURE**



**MAKE YOUR BED A SLEEP-ONLY ZONE**



**ENSURE BEDROOM IS DARK & QUIET**



**IF NOT ASLEEP AFTER 20 MINS GET OUT OF BED AND TRY AGAIN**



**CONSULT YOUR DOCTOR IF YOU CONTINUE TO STRUGGLE WITH SLEEP**



**WHAT IS SLEEP HYGIENE?**

Set of healthy habits and environmental factors that can help you sleep better



# MENTAL WELLNESS TIPS

**QUALITY SLEEP**



**EAT WELL**



**BREAK A SWEAT**



**STAY HYDRATED**



**SELFCARE**



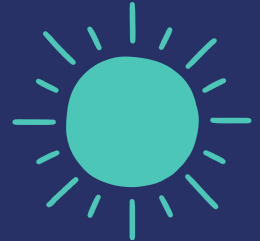
**PRACTICE GRATITUDE**



**MINDFUL MEDITATION**



**SPEND TIME OUTSIDE**



**LIMIT SOCIAL MEDIA**



**KEEP A JOURNAL**



**LISTEN TO MUSIC**



**CONNECT WITH OTHERS**



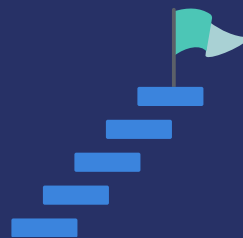
**ADVOCATE FOR OTHERS**



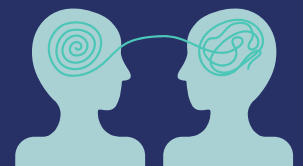
**HEALTHY BOUNDARIES**



**SET GOALS**



**TRY THERAPY**



# STARTING THE CONVERSATION

## Supporting loved ones dealing with mental health and/or substance use disorder

### IDENTIFY AN APPROPRIATE TIME & PLACE

*Consider a private setting with limited distractions.*

### EXPRESS CONCERNS & BE DIRECT

*Ask how they are feeling & describe the reasons for your concern.*

### ACKNOWLEDGE THEIR FEELINGS & LISTEN

*Listen openly, actively, and without judgement.*

### OFFER HELP

*Provide reassurance that mental &/or substance use disorders are treatable. Help locate & connect to services.*

### BE PATIENT

*Recognize that helping your loved ones doesn't happen overnight. Continue reaching out.*

**"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"**

**I see you're going through something. How can I best support you?**

**I care about you and am here to listen. Do you want to talk about what's been going on?**

**I've noticed you haven't seemed like yourself lately. How can I help?**

