

Mental Health

Your mental health, which includes how you think, act and feel, plays a huge role in your overall health and wellness.

While mental health includes mental illness, **the two terms aren't interchangeable.**



1 in 5 American adults experience mental illness in any given year.



Approximately **45%** of U.S. adults believe the pandemic has negatively affected their mental health.

Nearly **60%** of Americans experience daily stress and anxiety due to the COVID-19 pandemic.

The most common signs of poor mental health include:

Feelings of anxiety, depression, irritability, restlessness or anger

Trouble sleeping or fatigue

Difficulty concentrating

Change in appetite

Social withdrawal

How can I improve my mental health?



Use healthy coping mechanisms like exercise and meditation to deal with stress.



Get a good night's sleep.



Avoid caffeine, as this stimulant can worsen your stress.



Listen to relaxing music to help you calm down.



Practice self-care and make time for yourself.