

FAMILY MENTAL HEALTH

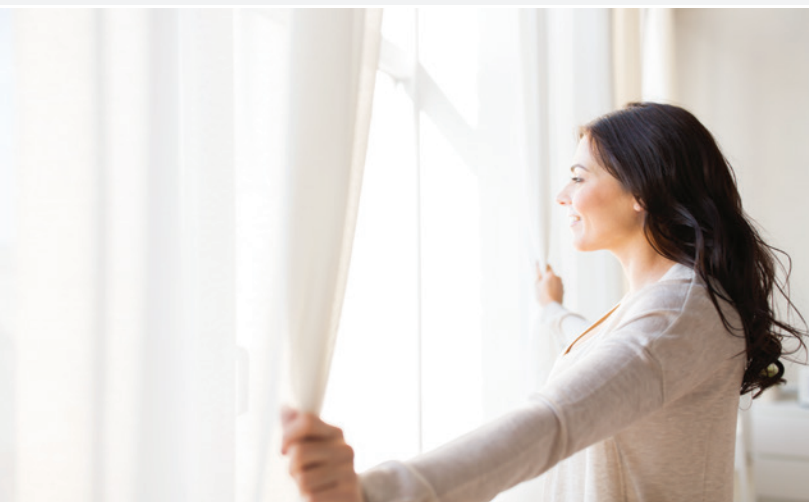
STOP THE CYCLE. SPEAK OUT. SHARE & SUPPORT.



WHY

BOOST YOUR MENTAL HEALTH.

When you give your mental health a boost, you fuel your energy and resilience. When you are full of healthy energy, you are better prepared to deal with the challenges and struggles we all face.



WHAT

- Know yourself
- Don't be available 24/7
- Use music as a buffer
- Take breaks every hour
- Express your emotions
- Positive support
- Resilient to stress
- Healthy self-esteem
- Get involved
- Exercise



WAIT

CHECK-IN.

How is your boost working?

Don't assume you are good to go....what works for me may not work for you. Do a check-in – what's working, what's not? Go back and add in new boosting tips until you find your favorite schedule of healthy habits.



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