

How to Ensure Mental Wellness?



Eat regular and nutritious meals, exercise daily and get enough sleep.



Spend time outdoors and connect with nature.



Practise relaxation techniques and try to avoid stressful situations.



Getting 7–8 hours of good sleep every night helps reduce mental fatigue.



Spend time with your loved ones and build healthy social connections.



Share your worries and feelings with family, friends, or someone you trust.



Stay away from alcohol, tobacco, drugs or any harmful substances.



Control the time spent on mobile, TV and computer so that sleep and concentration are not affected



If you notice behavioural changes – seek professional help

No Shame in Seeking Help —Do Not Wait, Seek Support!