

Remember, the journey towards a better life starts with understanding oneself and embracing growth opportunities.

STAY ACTIVE!

HEALTHY HABITS FOR WELL-BEING

BE GENTLE WITH YOURSELF

02

PRIORITIZING MENTAL HEALTH

- Seek support from trusted individuals or professionals.
- Practice stress reduction techniques, such as journaling or talking openly about emotions.
- Engage in activities that promote relaxation and self-care.



SLEEP WELL



01

NURTURING PHYSICAL HEALTH

- Prioritize regular exercise and physical activity.
- Maintain a balanced and nutritious diet.
- Get adequate sleep for optimal cognitive and physical functioning.

03

MAINTAINING HEALTHY

- Having a bedtime routine, avoiding screen time or heavy exercise right before bed, and lying down in a quiet, dark room all help promote better sleep.
- Exercise at least three times a week to maintain a healthy life.

STAY ACTIVE

