

- Social needs
- Physical needs
- Emotional needs

COMMUNITY

| FAMILY | RELIGION | FRIENDS | WORK | Activities/Groups |
|---------------|------------------------|-------------------------|--------------------------|-------------------|
| home | belief in higher power | relationship with peers | ways to support yourself | sports/games |
| family affair | morality and values | somebody to lean on | mentally stimulation | events/clubs |
| pride | desire for after life | | gives you worth | organization |
| love | mental helath | | avoiding from depression | association |

MENTAL HEALTH

RECIPE FOR GOOD MENTAL HEALTH

MENTAL HEALTH IS ABOUT LONGEVITY

TO BE ACTIVE

REST

Relationships

MENTALLY STIMULATING ACTIVITY

TAKE CARE OF YOURSELF

work

not to take overwhelmed

get involved

create new memories with family and friends

indulge yourself

stretching

to stay in/say no

spend time with people

hobbies

take time for yourself

physical exercise

enough sleep

religion relationship

try to go beyond the daily routine

understand your emotion

strength exercise

meditation

family, friends, neighbors

stimulating senses

avoid stress

massages

any obstacles to have enough sleep

belief in higher power

pictures

travel

yoga

association

collecting

riddle

walking

volunteering

games

reading

jogging

puzzles

touch

swimming

smell

sound

weigh training

taste

seeing

house keeping