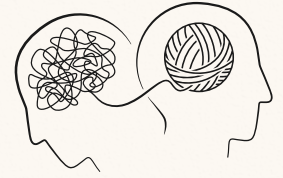


Your Personal Reset Guide

May is Mental Health Awareness Month

Small acts to power up your mental well-being, no matter how much time you have.



THE 2-MINUTE QUICK CHARGE

- The "Reach & Release" Stretch: Reach your arms toward the ceiling, hold for five seconds, and drop them quickly. This physical release signals to your brain that it is safe to relax.
- The "Long-View" Break: Our brains get fatigued by looking at screens. Staring at the horizon or a distant tree for two minutes helps reset your optical nerves and reduces mental "tunnel vision."

THE 10-MINUTE POWER BOOST

- Auditory Grounding: Music has the power to shift your heart rate. Choose a song that matches the mood you want to have, rather than the one you have right now.
- The Power of Order: Our external environment often reflects our internal state. Spending just 10 minutes clearing a small space can provide a sense of control and accomplishment.

THE 30-MINUTE FULL RESTORE

- Movement as Medicine: A 30-minute walk provides "bilateral stimulation." The left-right movement of walking helps the brain process difficult emotions and reduces anxiety.
- The Flow State: Engaging in a hobby (like painting or gardening) puts you in a "flow state"—a mental zone where you give your brain a much-needed break from worrying about the past or future.

For more information on Mental Health Awareness Month, visit: brownhealth.org/be-well/importance-mental-health-awareness-month



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